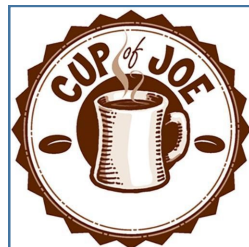


Summer is now upon us and boy did it take its time getting here!!!! – Hot steamy days, beautiful summer nights with refreshing breezes, enjoy it while you can folks our summers are way to short.

Our employee of the month is David MacKay, one of our kitchen utility workers. Most of you will know David's smiling face and easy-going demeanour, as he is a long-term resident of our beautiful town Almonte. David is always willing to lend a helping hand whenever needed, and is a real team player. He also picks up needed shifts whenever called upon. Thank you, David, for all you do and keep up the good work.



Please be aware that we have several residents and staff with sensitivities to strong scents. The employees follow a "no scent" policy which restricts use of perfumes and heavily scented skin products etc. We are requesting that residents be aware of this as well and try to limit perfumes etc.

With the warm summer weather, we look forward to all that Ontario produce has to offer. Tom and his kitchen team are working on fantastic summer recipes that feature local fruits and vegetables. Got a favourite local fruit or vegetable? Fill out a comment card in the dining room and Tom will do his best to get it in for you.

As Executive Director, I know there are always ways to improve and each day it is my job to help our staff and managers meet the challenges head on and strive for excellence, exceeding your expectations! Our OVM team will continue to work hard each day so each resident is proud to call us home.

My door is always open feel free to pop in any time to say hi , or have a chat.
Happy Summer!

Canada Day Olympics Backyard Games

We always celebrate Canada Day the best way we know how...

We wear lots of red, say eh a few too many times, apologize for something we didn't do and party hard!!



This year our theme for games will be the backyard games!

We will have two teams staff and family members are welcome to come and partake. Once our playful competition is over we will relax with a very Canadian Milkshake out on the Patio!

Manager Vacation Days this Summer

We all need our breaks.. Here is when our Managers will be away this summer

Jason: June 27—July 22nd

Lisa Doering: July 26 - 30th & August 16 - 23rd

Julie: August 26 - 30th

Lana September 7 - 22nd

Mike and Michael the odd day here and there.

Joe Price... He can't go anywhere he has a restaurant to open!

Outings This Month

July 11th Picnic Lunch and Play in Perth: The Voice of the Turtle (\$32 per person)

July 16th RCMP Stables Tour and Picnic Lunch

July 19th Shopping Trip to Independent and Rexall Almonte

July 23rd Lunch at Mexicali Rosa's Dows Lake

July 30th Picnic Lunch a Watson's Mill Manotick

Should you have any suggestions for August please let Michael know.

Strawberry Social

Thursday July 25th at 2:30pm in the Atrium/Patio

Wear your red dress and bring your sweet tooth for everything sweet with fresh local strawberry delight!!



July 2019 Activities Calendar



Orchard View by the Mississippi Activities for July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">June 30</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 5:00 Canada Day Parade in Pakenham (O) 7:00 Downton Abbey S6:E7 & 8 (TH)</p>	<p style="text-align: center;">July 1</p> <p style="text-align: center;">HAPPY CANADA DAY!!</p> <p>10:00 Fitness Class (TH) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 2:00 Canada Day Olympics Begin (A) 3:30 Canadian Milkshake Social (A/P) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 2</p> <p style="text-align: center;">No United Church Service</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (P) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">July 3</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 1:30 Memory Fitness (WC) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (MPR) 7:00 Humphrey Bogart Movie Night: Across The Pacific (TH)</p>	<p style="text-align: center;">July 4</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Canada (TH) 7:00 Bingo with Joanna and Friends (WC)</p>	<p style="text-align: center;">July 5</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 6</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 2:00 Shirley Temple Movie: Dimples (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p style="text-align: center;">July 7</p> <p>10:00 Catholic Communion (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Gospel Concert (A) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Season Finale Downton Abbey S6:E9 (TH)</p>	<p style="text-align: center;">July 8</p> <p>10:00 Fitness Class (WC) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 10:45 OVM Chorus Practice (3r FLL) 1:00 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: (P) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 9</p> <p style="text-align: center;">No Presbyterian Church Service</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (P) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">July 10</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:00-2:00 Parklane Jewelry (A) 11:30 Fitness Class (3rd FLL) 10:45 OVM Chorus Practice (3r FLL) 1:30 Memory Fitness (WC) 2:00-4:00 Mississippi Youth Program Visits (A/4th Floor) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (MPR) 7:00 Humphrey Bogart Movie Night: Action in the North Atlantic (TH)</p>	<p style="text-align: center;">July 11</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:30 Picnic Lunch and Play in Perth: The Voice of the Turtle (O/\$32) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Iceland (TH) 7:00 Bingo with Joanna and Friends (WC)</p>	<p style="text-align: center;">July 12</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 12:30-3:30 Staff Appreciation BBQ Hosted by the OVM Residents (P) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 13</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p style="text-align: center;">July 14</p> <p>10:00 Catholic Communion (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 The Manners of Downton Abbey: Special Documentary (TH)</p>	<p style="text-align: center;">July 15</p> <p>10:00 Fitness Class (WC) 10:45 OVM Chorus Practice (3r FLL) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: (P) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 16</p> <p style="text-align: center;">9:00 RCMP Stables Tour and Picnic Lunch (O)</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (P) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">July 17</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 10:45 OVM Chorus Practice (3r FLL) 11:30 Fitness Class (3rd FLL) 2:00-4:00 Mississippi Youth Program Visits (A/4th Floor) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (MPR) 7:00 Humphrey Bogart Movie Night: Passage to Marseille (TH)</p>	<p style="text-align: center;">July 18</p> <p>9-11:00 Men's Shed (MPR) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: India (TH) 7:00 Bingo with Joanna and Friends (WC)</p>	<p style="text-align: center;">July 19</p> <p>10:00 Fitness Class (TH) 10:00 Tuck Shop Open 10:30 Shopping Trip to Independent—Rexall Almonte (O/\$) 11:00 Catholic Mass (CH) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 20</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p style="text-align: center;">July 21</p> <p style="text-align: center;">No Catholic Communion</p> <p>2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Mr. Selfridge S1:E1 (TH)</p>	<p style="text-align: center;">July 22</p> <p>10:00 Fitness Class (TH) 10:45 Anne's Fitness Class (WC) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: (P) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 23</p> <p>9:30 Walking Club with Dianne (O) 10:45 Lunch at Mexicali Rosas Restaurant Dows Lake (O/\$) 10:00 Fitness Class (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (P) 4:00 Through the Eye of the Lens with Rick S: (TH) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">July 24</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 1:30 Memory Fitness (WC) 2:00-4:00 Mississippi Youth Program Visits (A/4th Floor) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 3:00 Capital Audiology Hearing Clinic (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (MPR) 7:00 Humphrey Bogart Movie Night: To Have and Have Not (TH)</p>	<p style="text-align: center;">July 25</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 11:00 Town Hall Meeting (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 2:30 Strawberry Social (A/P) 4:00 Arm Chair Travel: Hungary (TH) 7:00 Bingo with Joanna and Friends (WC)</p>	<p style="text-align: center;">July 26</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Crature (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 27</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 2:00 Fred Astaire Movie: Royal Wedding (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p style="text-align: center;">July 28</p> <p>10:00 Catholic Communion (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Mr. Selfridge S1:E2 & 3 (TH)</p>	<p style="text-align: center;">July 29</p> <p>10:00 Fitness Class (WC) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: (P) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">July 30</p> <p>9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 10:45 Picnic Lunch at Watson's Mill Manotick (O) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (P) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">July 31</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 2:00-4:00 Mississippi Youth Program Visits (A/4th Floor) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (MPR) 7:00 Humphrey Bogart Movie Night: The Big Sleep (TH)</p>	<p style="text-align: center;">There will be no bus outings from July 1-9th to allow Chris a nice vacation after the school year has ended... We will be in full force every Tuesday and Friday when he returns!</p>	<p>Legend Atrium (A) Library (L) Multi Purpose Room (MPR) Bistro (B) Second Floor (2nd FL) Third Floor (3rd FLL) Kitchen (K) Patio (P) 3rd Floor Nurses Station (3rd FL NS)</p>	<p>Second Floor Lounge (2nd FLL) Dining Room (DR) Salon (SL) Spa (S) Theatre (TH) Chapel (CH) Outing (O) Wellness Centre (WC) Board Room (BR)</p>