



February Highlights.

Shopping in Manotick
Every Friday at 9 a.m.

Entertainment with Margie, Bruce Al & friends

Friday, February 1st at 2p.m..

Entertainment with Grateful We Are Not Dead Band

Monday, February 4th at 3:00 p.m.

Shopping trip to Billing Bridge

Wednesday, February 6th at 9 a.m

Sightseeing Bus

Thursday, February 7th at 1:15 p.m.

Entertainment with Bob & Don Duo

Friday, February 8th at 2p.m.

Shopping at Barrhaven (Walmart)

Wednesday, February 13th at 9a.m.

Entertainment with Marlene Fawcett

Friday, February 15th at 2 p.m.

Shopping at Kemptville

Wednesday, February 20th at 9 a.m.

Doran Ship Museum

Monday, February 25th at 1:00 p.m.

Shopping at Carlingwood

Wednesday, February 27th at 9 a.m.

Beaver Tails at Dow's Lake Pavilion

Thursday, February 28th at 1:30 p.m.

Looking for more information about

Orchard Walk Retirement

Community &

Garden View Seniors Apartments?

Join us for lunch and a tour !

Please contact—Amie

at 613 821-2233 ext. 472



February
2019

*Happy
Valentine's Day*

Happy Valentines Day

from Orchard Walk & Garden View.

Everyone is welcome to join us for entertainment on Friday afternoons at 2 p.m.

Check our calendar on line for other activities and games. Get out of the cold and step inside for our Afternoon Tea at 3:00 p.m. on 2nd floor and make a new friend!!

Valentines Brunch

& music by Roger Fowler on accordion

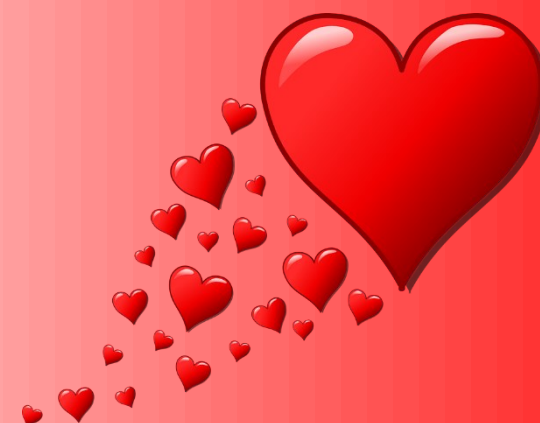
Thursday, February 14th at 11:45 a.m.

At Orchard Walk Retirement

Dining Room.

Please call for Reservation

613-821-2233





Groundhog Groundhog What Do You See?



Groundhog, groundhog what do you see?
I see the sunshine looking at me!

Sunshine, sunshine what do you see?
I see a shadow looking at me!

Shadow, shadow what do you see?
Six more weeks of winter, there will be!

Religious Services

Ecumenical Services
with Bob Caines and Rev. Ed Gratton
on Sundays at 2:00 p.m.

A warm welcome to
Deb Protsack our
Sunday organist

Roman Catholic Mass with Father Titus
Thursday, February 21st at 10:45 a.m.

Roman Catholic Communion
Sundays at 11:15 a.m.

Roman Catholic Rosary Prayer
Sundays at 11:00 a.m.
Mondays at 10:30 a.m.



Residents or their families have any tea cups and
saucers looking for a new home,
we have plenty
of room for them at our place.



And they will be
used lovingly each
and everyday!!



Resident of the month
Linda Beauchamp



Resident of the month
Reta Power



Chair Exercise Classes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Chair Exercises	10:00 Balance Class	9:30 Chair Exercises	10:00 Balance Class	9:30 Chair Exercises	11:00 Tai Chi
	10:00 Chair Exercises	10:45 Wellness Class "New" 1:30 Chair Yoga	10:00 Chair Exercises Garden View 10:45 Chair Exercise	10:45 Wellness Class	10:00 Chair Exercises Garden View 10:45 Chair Exercise	