



# Recreation Choices July 2018

The Edinburgh • Luisa Romero, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Happy Canada Day</b> 10:00 am Social Hour What it means to be Canadian 11:00 am Walking Club 2:00 pm Party Decorations <b>3:00 pm Celebrating Canada Day</b> Music by Larry Pagliarello 6:15 pm *Movie: "Painted Land, in search of the Group of Seven"	<b>2</b> 10:15 am Exercise Class 10:30 am World news and coffee 11:00 *Made in Canada 2:00 pm Bingo 3:00 pm Afternoon Tea Party	<b>3</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat <b>11:00 am Recreation Meeting with Luisa</b> 2:00 pm Gardening 3:00 pm Afternoon Tea and *North American History Trivia <b>5:30 pm Music with Nigel</b>	<b>4</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am *Today in History 2:00 pm Sing Along 3:00 pm Bingo 3:00 pm *Video concert 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>5</b> 9:30 am Exercise Class TEP 2 10:00 am Coffee and chat <b>11:00 am National Gallery</b> "Impressionist Treasures" 2:00 pm Knitting group 2:00 pm *Video Concert 3:00 pm Card games	<b>6</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Dice game 2:00 pm Gardening <b>3:00 pm Healthy Minds Lecture Series</b> "The History of the Bell Family and Fairfield's Heritage House" 6:15 pm *Let's talk movies with Miguel	<b>7</b> 10:00 am Coffee time and chat 11:00 am Walking club 1:30 pm Mass 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Islands
<b>8</b> 10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Sense and Sensibility"	<b>9</b> 9:30 am World news and coffee 10:15 am FamilyPhysio Exercise Class 10:30 am Table ball <b>11:00 am Poetry reading with Kristina</b> 2:00 pm Bingo <b>3:00 pm Lecture by Howard Simkover</b> "Ghost Sign, a piece of history of Ottawa"	<b>10</b> 9:30 am Exercise Class TEP 2 10:00 am Coffee and Chat <b>11:00 am Residents and Managers Meet</b> 2:00 pm Current events with Mr. Cox 3:00 pm Afternoon Tea Party 4:00 pm Gardening	<b>11</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Walking Club 2:00 pm Sing along 3:00 pm Bingo 6:15 pm Resident's pick movie night	<b>12</b> 9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 11:00 am Manicures 2:00 pm Knitting group 2:00 pm *Video Concert <b>3:00 pm Musical Afternoon with</b> Stuart McKinnon	<b>13</b> 10:15 am FamilyPhysio Exercise <b>10:30 am Drive to Remic Rapids</b> <b>2:00 pm Celebrating International</b> Puzzle Day 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel	<b>14</b> 10:00 am Exercise Class TEP 1 10:30 am Coffee time and chat 11:00 am Card/Board Games 1:30 pm Mass 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Mountains
<b>15</b> 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Walking Club 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "To Be or not To Be"	<b>16</b> 9:30 am World news and coffee 10:15 am Family Physio Exercise 10:30 am Table ball 11:00 am Find the word 2:00 pm Bingo 3:00 pm Manicures 3:00 pm *Video documentary : "A trip to France with Rick Steves"	<b>17</b> 9:30 am Exercise Class TEP 2 10:00 am Colour your world <b>11:00 am Food Meeting</b> 2:00 pm *Apple TV Traveling the world <b>3:00 pm Music Therapy with Pamela</b> 4:00 pm Gardening	<b>18</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise <b>10:30 am Drive to Lansdowne Park</b> and The Glebe 2:00 pm Arts and Crafts Blueberry Decorations 2:00 pm * Video Concert 3:00 pm Bingo 6:15 pm Resident's pick movie night	<b>19</b> 9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 11:00 am Arts and Crafts Blueberry Decorations 2:00 pm Knitting Group <b>3:00 pm Blueberry Social</b> with Jean-Guy Benard	<b>20</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Flower arrangements <b>2:00 pm *Current Events with Liz</b> 3:00 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel	<b>21</b> 10:00 am Coffee time and chat 11:00 am Walking club 1:30 pm Mass 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Jungles
<b>22</b> 10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Notting Hill"	<b>23</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am *Parlez moi d'amour Favourite French Songs 2:00 pm Bingo 2:00 pm Exercise Class TEP 1 3:00 pm Decorating French Style <b>5:30 pm French Dinner</b> in the Penthouse	<b>24</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Exercise Class TEP 3 2:00 pm Current events with Mr. Cox 3:00 pm Ice Cream Parlour 4:30 pm Visits one on one <b>5:30 pm Music with Nigel</b> 6:45 pm Bingo	<b>25</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Gardening 2:00 pm Birthday Party Decor <b>2:30 pm Birthday Party</b> with Allan Ryan 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>26</b> 9:30 am Exercise Class TEP 2 9:30 am Exercise Class TEP 1 10:00 am Coffee and chat 11:00 am Flower arrangements 2:00 pm Knitting / *Video Concert <b>3:00 pm Healthy Minds Lecture Series</b> "The History of the Billings Family presented by Billings Estate National Historic Site"	<b>27</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee <b>10:30 am Picnic at Hartwell Locks</b> 2:00 pm *Women on Currency 3:00 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 4:00 pm Exercise Class TEP 3 6:15 pm *Let's talk movies with Miguel	<b>28</b> 10:00 am Exercise Class TEP 1 10:30 am Coffee time and chat 11:00 am Card/Board Games 1:30 pm Mass 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Deserts
<b>29</b> 10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Megan Leavye"	<b>30</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Find the word 2:00 pm Bingo 2:00 pm Exercise Class TEP 1 3:00 pm Smoothie Social 4:30 pm Visits one on one 6:15 pm Arts and Crafts 50's decorations	<b>31</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Exercise Class TEP 3 2:00 pm Current events with Mr. Cox <b>3:00 pm Milk Shakes and 50's Music</b> 4:30 pm Visits one on one 5:30 pm Exercise Class TEP 1 6:15 pm Bingo	<b>Dates to Remember</b> <b>Ottawa Public Library Visit -</b> <b>Homebound Program</b> <b>Tuesday, July 3 at 1:30 pm</b> Call the library: (613) 580-2944 for more details  <b>OMS Walker Clinic</b> <b>Monday, July 9th 10:00 am</b>		<b>CALENDAR LEGEND</b> <b>Special Events</b> <b>Outings</b> * iPad/Apple TV Programs	