



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Tuck Shop: Mon, Wed, Fri 10 – 11 am</p>	 <p>1 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 Adult Colouring Victoria Harbour Lounge 2:00 Anglican Church Service Chapel 3:30 Making Lemonade Ottawa Tea Room 6:00 Music with Corby Kemp Victoria Lounge</p>	<p>2 9:45 Coffee and Donuts Ottawa Lounge 10:00 Residence General Meeting Ottawa Lounge 1:30 Euchre Ottawa Lounge 7:00 Entertainment in the Lobby</p>	<p>3 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:30 Jeopardy Trivia Ottawa Lounge 3:30 Balloon Badminton Victoria Harbour Lounge 6:00 Bingo Hour Victoria Lounge Independence Day (US)</p>	<p>4 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 11:00 Roman Catholic Church Service Chapel 7:00 Happy Hour in the Lobby</p>	<p>5 10:00 Manicures Victoria Lounge 10:45 Adult Colouring Ottawa Lounge 1:30 Money Bingo (.50 cents per card) Ottawa Lounge 3:00 Dominos Victoria Harbour Lounge 6:30 JB Hour Recreation Room</p>		
	<p>7 10:00 Wii Games Ottawa Lounge 11:00 Holy Rosary Chapel 2:00 Ice Cream Sundaes Victoria Lounge 2:30 Ice Cream Sundaes Ottawa Courtyard (WP)</p>	<p>8 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:15 Scrabble Ottawa Lounge</p>	<p>9 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 Adult Colouring Victoria Harbour Lounge 3:30 Word Puzzles & Hangman Victoria Lounge 6:00 Bingo Hour Victoria Lounge</p>	<p>10 DUCK EGGS ARRIVE! 10:00 Yoga with Vana Ottawa Lounge 10:00 Library Visits 1:30 Euchre Ottawa Lounge 3:30 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p>	<p>11 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 12:00 Sign-Up BBQ Lunch (sign up required – no cost – residents only) Victoria Courtyard</p>	<p>12 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 2:00 Christmas in July Social Victoria Lounge 7:00 Happy Hour in the Lobby</p>	<p>13 10:00 Manicures Victoria Lounge 10:45 Wii Games Ottawa Lounge 1:30 Bingo Hour with Annanya Ottawa Lounge 2:30 Balloon Badminton Ottawa Lounge 7:00 Wine and Cheese Victoria Lounge</p>
	<p>14 11:00 Holy Rosary Chapel</p>	<p>15 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Current Events Victoria Lounge 1:15 Scrabble Ottawa Lounge 3:30 Celebrating Canada Series pt. 3 Ottawa Lounge</p>	<p>16 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Brain Teasers Victoria Lounge 1:00 Adult Colouring Victoria Harbour Lounge 2:00 Anglican Church Service Chapel 3:00 Tipple Time Atrium 6:00 Music with Corby Kemp Victoria Lounge</p>	<p>17 10:00 Yoga with Vana Ottawa Lounge 10:30 Current Events Victoria Lounge 1:30 Euchre Ottawa Lounge 3:30 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p>	<p>18 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Word Games Victoria Lounge 2:00 Bingo Hour Victoria Lounge 3:30 Yahtzee Board Game Ottawa Lounge</p>	<p>19 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Current Events Victoria Lounge 11:00 Eucharistic Church Service Chapel 2:30 Hangman Ottawa Lounge 7:00 Happy Hour in the Lobby</p>	<p>20 10:00 Manicures Victoria Lounge 10:45 Wii Games Ottawa Lounge 1:30 Bingo Hour Ottawa Lounge 3:00 Balloon Badminton Victoria Harbour Lounge 6:30 JB Hour Recreation Room</p>
	<p>21 11:00 Holy Rosary Chapel</p>	<p>22 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Current Events Victoria Lounge 1:15 Scrabble Ottawa Lounge 2:00 1:1 Friendly Visits Victoria Unit</p>	<p>23 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Lunch at the Lake Outing: The Jube Pub & Patio (Oshawa) (sign up and cost for your meal required)</p>	<p>24 10:00 Yoga with Vana Ottawa Lounge 10:30 Current Events Victoria Lounge 1:30 Euchre Ottawa Lounge 3:30 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p>	<p>25 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 1:00 Adult Colouring Victoria Harbour Lounge 2:30 Afternoon Movie Victoria Lounge</p>	<p>26 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 2:00 July Birthday Bash with Paddy Cauley! Recreation Room 7:00 Happy Hour in the Lobby</p>	<p>27 10:00 Manicures Victoria Lounge 10:45 Wii Games Ottawa Lounge 1:30 Bingo Hour with Annanya Ottawa Lounge 2:30 Balloon Badminton Ottawa Lounge 7:00 Wine and Cheese Victoria Lounge</p>
	<p>28 11:00 Holy Rosary Chapel</p>	<p>29 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Current Events Victoria Lounge 1:15 Scrabble Ottawa Lounge 2:30 Bingo Hour Victoria Lounge</p>	<p>30 Eye Clinic Event 9:30 am – 2:00 pm Victoria Lounge 9:15 Physio Exercises Recreation Room 9:50 Physio Exercises Victoria Harbour Lounge 10:30 Food Meeting with Oya Ottawa Lounge 6:00 Music with Corby Kemp Victoria Lounge</p>	<p>31 10:00 Yoga with Vana Ottawa Lounge 10:30 Current Events Victoria Lounge 1:30 Euchre Ottawa Lounge 3:30 Hand Therapy Ottawa Tea Room 7:00 Entertainment in the Lobby</p>	 <p>July 2019 Orchard Villa Retirement Community</p>		

WP = Weather Permitting (Depending on weather conditions some programs/outings may have to be relocated / cancelled / rescheduled.)

Celebrating July

Canada Day

Monday, July 1st

Halfway Point of 2019

Tuesday, July 2nd

Independence Day (United States)

Thursday, July 4th

Bastille Day (France)

Sunday, July 14th

Symbols of July

Birthstone – Ruby

Flower – Larkspur

Zodiac Signs –

Cancer (The Crab)

June 21 – July 22

Leo (The Lion)

July 23 – August 22



How do you get a Canadian to apologize?

Step on their foot!

July is Social Wellness Month! Social wellness means nurturing yourself and your relationships.

- Why is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

- Research shows that:

People who have a strong social network tend to live longer.

The heart and blood pressure of people with healthy relationships respond better to stress.

Strong social networks are associated with a healthier endocrine system and cardiovascular functioning.

Turn the page over and pick an activity to join in on!

Daily Trivia

If you turn the word *SWIMS* upside down, it is still readable as the same word.

Name Three

Can you name three military ranks that begin with the letter C?

captain, commodore, commander

POSSIBLE ANSWERS: Corporal, colonel,

Word Wise

Which word is not like the others?

xylophone

cymbals

recorder

tambourine

ANSWER: The recorder is a woodwind instrument; the others are percussive.

Searching for July

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



T	R	V	S	J	Y	S	M	C	E	O	Z	P	V	X
R	O	U	V	U	P	B	A	R	N	E	Q	B	N	A
W	N	U	P	P	M	N	U	D	I	L	B	A	X	A
K	X	R	R	S	A	M	Z	R	H	X	N	S	P	B
M	V	C	J	D	K	T	E	C	S	B	I	T	H	C
R	V	U	A	R	E	R	Q	R	N	Z	E	I	A	R
R	L	D	V	Y	W	F	A	V	U	O	N	L	G	A
Y	A	C	A	N	C	E	R	L	S	H	T	L	S	B
Y	N	D	L	Y	G	Y	I	A	T	J	T	E	L	B
N	O	I	L	V	R	U	Y	N	N	U	D	D	U	G
D	R	R	H	K	Y	R	E	Z	J	C	D	A	H	S
M	Y	P	F	E	P	V	Q	X	S	N	E	Y	P	J
Y	L	I	L	R	E	T	A	W	W	R	L	D	Q	O
S	T	Y	M	S	S	X	E	R	N	E	K	G	D	M
I	N	D	E	P	E	N	D	E	N	C	E	D	A	Y

BASTILLE DAY	JULY	SEVENTH
CANADA DAY	LARKSPUR	SUMMER
CANCER	LEO	SUNSHINE
CRAB (Cancer)	LION (Leo)	TOUR DE FRANCE
INDEPENDENCE DAY	RUBY	WATER LILY

Quack!

This summer we're hatching ducks at Orchard Villa! The eggs arrive on June 10th. The



eggs will incubate for a couple weeks before they hatch. Then they'll be moved into their cage.

We'll keep them for another few weeks before they have to return to the homestead. You won't want to miss out on seeing these guys!

Notes and Things to Remember...

- Sign up for Resident Lunch BBQ
- Eye Clinic on July 30

Activities Feedback

Have a program idea or outing suggestion?

Please contact Cheryl (ext 4304) in the

Activities Department.