

September 2018



<p>MANOTICK PLACE RETIREMENT COMMUNITY</p>			<p>EUCHRE</p> <p>Tournament Sept. 12th</p>	<p>PRO PHYSIO & SPORT MEDICINE CENTRES PROPHYSIOTHERAPY.COM</p> <p>Available on site!</p>	<p>FRIENDS ON FRIDAYS</p> <p>ROSSS Rural Ottawa South Support Services a gateway to care and support</p>	<p>1</p> <p>10:30 Bingo (MPR) 1:15 Bridge (TFL) 1:45 Afternoon Matinee (CT) 2:00 Euchre (MGR) 2:30 Saturday Coffee Social 6:30 Evening Movie (CT)</p>
<p>2</p> <p>8:15 & 10:00 Anglican Service at Saint James Church** 8:30 Sunday Mass Channel 800 9:00Scrabble (MGR) 1:45 Matinee Movie (CT) 2:30 Sunday Tea Social</p>	<p>3</p> <p>9:00 Scrabble (MGR) 1:3 Bingo-Self Run (MPR) 1:30 Euchre (MGR) 6:30 Movie Night (CT)</p> <p>HAPPY LABOUR DAY</p>	<p>4</p> <p>9:30 Music & Movement (EXR) 10:00 Jewelry Vendor (Lobby) 11:00 Crosswords (MGR) 1:45 Rosary & Gospel (CT) 2:15 Matinee Movie (CT) 3:00 Ice Cream Social (Patio) 4:00 Bingo (MPR) 6:30 Euchre (MGR)</p>	<p>5</p> <p>9:15 Exercise Pro Physio (EXR) 9:30 Shopping Billings Bridge 9:30-12:00 Java & Jazz (MGR) 10:00 Exercise Pro Physio (EXR) 1:30 Exercise- Rozsa (EXR) 1:30 Euchre (MGR) 3:00 Coffee & Debates (MGR) 4:00 Wine & Cheese Social (MGR)</p>	<p>6</p> <p>9:30 Word Scramble (MGR) 11:00 Family Feud (MGR) 1:30 Euchre (MGR) 1:45 Matinee Movie (CT) 4:10 Latin Chair Dancing (MGR) 6:30 Pub Night (MPR)</p>	<p>7 FRIENDS ON FRIDAYS</p> <p>9:15 Exercise Pro Physio (EXR) 9:30 Art Class (MPR) 9:15 Shopping at Manotick 9:30 Coffee & Affairs(MGR) 10:00 Exercise Pro Physio (EXR) 11:00 Brain Games (MGR) 12:00 Country Corn Roast BBQ 1:00 Exercise with Rozsa (EXR) 1:15 Bridge (TFL) 1:30 Bingo (MPR) 2:00 Euchre (MGR) 3:30 George on the Piano (MGR)</p>	<p>8</p> <p>10:00 Bingo (MPR) 1:30 Bridge(3rdFL) 1:45 Matinee Movie (CT) 2:00 Euchre (MGR) 2:30 Saturday Coffee Social 6:30 Evening Movie (CT)</p>
<p>9</p> <p>Happy Grandparents Day! 8:15 & 10:00 Anglican Service at Saint James Church** 8:30 Sunday Mass Channel 800 9:00 Scrabble (MGR) 1:45 Matinee Movie (CT)</p> <p>HAPPY GRANDPARENTS DAY!</p>	<p>10</p> <p>9:00 Exercise- Rozsa(EXR) 10:00 Yoga with Sabrina (EXR) 10:30 Coffee & Creative Circle(MGR) 11:30 Walking Fit (L) 1:30 Looney Bingo (MPR) 2:15 Cards & Games (MGR) 3:30 Musical Memories (MGR) 6:30 Movie Night (CT)</p>	<p>11</p> <p>9:30 Music &Movement Karen(EXR) 11:00 Giant Crosswords (MGR) 10:15 Mystery Bus Trip 1:45 Rosary and Mass (CT) 2:30 Town Hall Meeting (MPR) 4:00 Bingo (MPR) 6:30 Euchre (MGR)</p>	<p>12</p> <p>9:15 Gentle Fit- Pro Physio (EXR) 9:30-12:00 Java & Jazz (MGR) 9:30 Shopping at Kemptville 10:00 Active Fit Exercise (EXR) 1:30 Exercise-- Rozsa (EXR) 1:30 Euchre Tournament (MGR) 1:30 Flower Workshop (MPR) 4:00 Trivia Challenge (MGR)</p>	<p>13</p> <p>9:30 Word Scramble(MGR) 11:00 Wheel of Fortune(MGR) 1:45 Matinee Movie(CT) 2:30 Pass the Ace(MGR) 3:30 Darts with Brian(MPR) 4:00 Latin Chair Dancing(MGR) 6:30 Pub Night (MPR)</p>	<p>14 FRIENDS ON FRIDAYS</p> <p>9:15 Exercise Pro Physio (EXR) 9:15 Art Class (MPR) 9:30 Coffee & Affairs(MGR) 10:00 Exercise Pro Physio (EXR) 9:30 Shopping at Manotick 11:00 Brain Games (MGR) 1:00 Exercise with Rozsa (EXR) 1:30 Community Bingo (MPR) 3:30 Music Jumpin' Jimmy (MGR)</p>	<p>15</p> <p>10:00 Bingo (MPR) 1:30 Bridge (3rdFL) 1:45 Matinee Movie (CT) 2:00 Euchre (MGR) 3:30 Kay on the Piano (MGR) 6:30 Evening Movie (CT)</p>
<p>16</p> <p>8:15 & 10:00 Anglican Service at Saint James Church 8:30 Sunday Mass Channel 800 9:00 Scrabble (MGR) 1:45 Matinee Movie (CT) 2:30 Sunday Tea Social</p>	<p>17</p> <p>9:00 Exercise- Rozsa (EXR) 10:30 Coffee & Creative Circle(MGR) 11:30 Walking Fit with Karen(L) 1:30 Looney Bingo(MPR) 2:30 Euchre(MGR) 3:30 Music with Andre Garneau (MGR) 6:30 Movie Night(CT)</p>	<p>18</p> <p>9:30 Music & Movement- Karen (EXR) 11:00 Giant Crosswords (MGR) 1:45 Rosary & Gospel (CT) 2:00 Euchre (MGR) 3:00 Afternoon Tea (MGR) 4:00 Bingo (MPR) 6:30 Euchre(MGR)</p>	<p>19</p> <p>9:15 Gentle Fit-Pro Physio (EXR) 9:00-12:00 Java & Jazz - DEMENTIA SOCIETY FUNDRAISER (MGR) 9:30 Shopping at Barrhaven 10:00 Active Fit - Pro Physio (EXR) 1:30 Exercise- Rozsa (EXR) 1:30 Euchre (MGR) 3:00 Coffee & Reminisce(MGR) 4:00 Trivia Challenge(MGR)</p>	<p>20</p> <p>9:30 Word Scramble (MGR) 11:00 Family Feud (MGR) 1:30 Euchre(MGR) 1:45 Afternoon Movie (CT) 3:00 Hymn Singing (MGR) 3:30 Darts with Brian (MPR) 4:00 Latin Chair Dancing (MGR) 6:00 Harvest Moon Dinner/Dance(MGR)</p>	<p>21 FRIENDS ON FRIDAYS</p> <p>9:15 Exercise - Pro Physio(EXR) 9:30 Coffee & Affairs(MGR) 9:30 Shopping at Manotick 10:00 Active Fit Pro Physio(EXR) 11:00 Brain Games (MGR) 1:15 Bridge (3rdFL) 1:00 Exercise with Rozsa (EXR) 1:30 Apple Harvest Bingo(MPR) 2:30 Euchre (MGR) 3:30 Music with Vicki (MGR)</p>	<p>22</p> <p>10:00 Bingo (MPR) 1:30 Bridge (3rdFL) 1:45 Matinee Movie (CT) 2:00 Euchre (MGR) 2:30 Saturday Coffee Social 6:30 Evening Movie (CT)</p>
<p>23/30</p> <p>Sept. 23 FALL CELEBRATION APPLEFEST – OPEN HOUSE 2-4 pm</p> <p>8:15 & 10:00 Anglican Service at Saint James Church** 8:30 Sunday Mass Channel 800 9:00 Scrabble (MGR) 1:45 Matinee Movie (CT) 2:30 Sunday Tea Social</p>	<p>24</p> <p>9:00 Exercise- Rosza (EXR) 10:00 Yoga- Sabrina (EXR) 10:30 Coffee & Creative Circle (MGR) 11:30 Walking Fit with Karen(L) 1:30 Looney Bingo (MPR) 2:15 Euchre/Games(MGR) 3:30 Music with Larry Wright (MGR) 6:30 Movie Night (CT)</p>	<p>25</p> <p>9:30 Music & Movement- Karen(EXR) 10:15 Sightseeing Bus Trip 11:00 Giant Crosswords (MGR) 1:45 Rosary & Mass (CT) 2:00 Euchre (MGR) 3:00 Afternoon Tea (MGR) 4:00 Bingo (MPR) 6:30 Euchre (MGR)</p>	<p>26</p> <p>9:15 Gentle Fit- Pro Physio(EXR) 9:30 Shop Carlingwood & Lunch 9:30-12:00 Java & Jazz (MGR) 10:00 Active Fit- Pro Physio(EXR) 1:30 Exercise with Rozsa (EXR) 3:00 Health Talk on Diabetes (CT) 4:00 Wine & Cheese Social MGR</p>	<p>27</p> <p>10:30 Ecumenical Service (CT) 11:00 Wheel of Fortune (MGR) 1:30 Euchre (MGR) 1:45 Afternoon Matinee (CT) 2:30 Pass the Ace (MGR) 3:30 Darts with Brian (MPR) 4:00 Latin Chair Dancing (MGR) 5:00 Taste and Travel to Spain 6:30 Travel to Spain Documentary (CT)</p>	<p>28 FRIENDS ON FRIDAYS</p> <p>9:15 Exercise -Pro Physio(EXR) 9:15 Art Class (MPR) 9:30 Coffee & Affairs (MGR) 9:30 Shopping at Manotick 10:00 Exercise - Pro Physio(EXR) 11:00 Brain Games (MGR) 1:15 Bridge (3rdFL) 1:00 Exercise with Rozsa (ER) 1:30 Bingo (MPR) 2:30 Euchre (MGR) 3:30 Birthday Party with Music (MGR)</p>	<p>29</p> <p>10:00 Bingo (MPR) 1:30 Bridge (3rdFL) 1:45 Matinee Movie (CT) 2:00 Euchre (MGR) 2:30 Saturday Coffee Social 6:30 Evening Movie</p>

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