











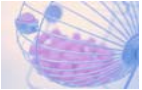




Portobello Manor Activity Calendar

Sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *Hairstylist 9:15 Shopping at Wal-Mart 1:30 Bingo (Crafts Room) 6:30 Evening Movie (Theatre) 	2 <i>Tuck Shop</i> 9:30 Physio Exercise (Exercise Room) 10:00-11:00 Ottawa Public Library (Main Lounge) 3:00 Entertainment with Stanley Frank (Recreation Hall) Featured drink of the week: Georgia	3 10:30 Bingo (Crafts Room) 2:00 Afternoon Movie (Theatre)
4 10:30 Communion Service (Chapel) 3:00 Ice Cream Sundaes (Main Lounge)	5 *Doctor's Day 9:30 Physio Exercise (Exercise Room) 10:30 Sing-a-long with Maurice Young (Recreation Hall) 1:30 Bingo (Crafts Room) 3:00 Happy Hour (Main Lounge)	6 SHUTTLE DAY 9:30 Arm Chair Travel (Theatre) 10:30 Sandbags (Crafts Room) 11:00-2:00 In-house shopping with Maria's Boutique 1:30 Art Lessons (Crafts Room)	7 *Hairstylist 9:30 Physio Exercise (Exercise Room) 10:30 Bingo (Crafts Room) 2:00-4:00 Drive Wise Seminar (Theatre) 	8 *Hairstylist 9:15 Shopping at Carlingwood 2:00 Residents Meeting (Theatre) 6:30 Evening Movie (Theatre) 	9 <i>Tuck Shop</i> 9:30 Physio Exercise (Exercise Room) 10:30 Knitting Club (Crafts Room) 3:00 Entertainment with Pat McAlpine (Recreation Hall) Featured drink of the week: Malibu Chill 	10 2:00 Afternoon Movie (Theatre)
11 10:30 Communion Service (Chapel) 12:00 Mother's Day Lunch 2:00 Afternoon Movie (Theatre)  <i>Happy Mother's Day</i>	12 *Doctor's Day 9:30 Physio Exercise (Exercise Room) 11:00 Current Events (Library) 1:30 Bingo (Crafts Room) 3:00 Happy Hour (Main Lounge) 	13 SHUTTLE DAY 9:30 Arm Chair Travel (Theatre) 10:30 Walking Club 1:30 Art Lessons (Crafts Room) 	14 *Hairstylist 9:30 Physio Exercise (Exercise Room) 10:30 Game of Rummy-O (Crafts Room) 11:15 Out for Lunch at Restaurant 2:00 Entertainment with "Nepean Songster" (Recreation Hall)	15 *Hairstylist 9:15 Shopping at Wal-Mart 1:30 Bingo (Crafts Room) 6:30 Evening Movie (Theatre) 	16 <i>Tuck Shop</i> 9:30 Physio Exercise (Exercise Room) 10:30 Knitting Club (Crafts Room) 3:00 Residents Birthday Party (Recreation Hall) 	17 2:00 Afternoon at the Movies (Theatre)
18 10:30 Communion Service (Chapel) 2:00 Afternoon Movie (Theatre) 3:00 Ice Cream Sundaes (Main Lounge)	19 2:00 Afternoon Movie (Crafts Room) 3:00 Happy Hour (Main Lounge) <i>Victoria Day</i>	20 SHUTTLE DAY 9:30 Arm Chair Travel (Theatre)  1:30 Art Lessons (Crafts Room)	21 *Hairstylist 9:30 Physio Exercise (Exercise Room) 10:30 Shopping at Dollarama 1:30 Bingo (Crafts Room) 	22 *Hairstylist 9:15 Shopping at Place D'Orleans 2:00 Bingo (Crafts Room) 6:30 Evening Movie (Theatre) 	23 <i>Tuck Shop</i> 9:30 Physio Exercise (Exercise Room) 10:30 Knitting Club (Crafts Room) 2:00 Billiards with Amy (Recreation Hall) 3:00 Happy Hour (Main Lounge) Featured Drink of the Week: Peach Fizz	24 10:30 Bingo (Crafts Room) 2:00 Afternoon Movie (Theatre) 
25 10:30 Communion Service (Chapel) 2:00 - 4:00 Garden Victorian Tea 	26 *Doctor's Day 9:30 Physio Exercise 11:00 Current Events (Library) 1:30 Bingo (Crafts Room) 3:00 New Resident's Welcome Wine & Cheese (Main Lounge) 	27 SHUTTLE DAY 9:30 Arm Chair Travel (Theatre) 11:00 - 2:00 In-house shopping with Adele's Creations (Main Lounge) 1:30 Art Lessons (Crafts Room)	28 *Hairstylist 9:30 Physio Exercise (Exercise Room) 11:15 BBQ lunch at park 3:00 Entertainment with EIO George (Recreation Hall)	29 *Hairstylist 9:15 Shopping at Wal-Mart 1:30 Shopping at Shoppers Drug-Mart - 20% off Seniors Day 3:00 Bingo (Crafts Room) 6:30 Evening Movie (Theatre)	30 <i>Tuck Shop</i> 9:30 Physio Exercise (Exercise Room) 10:30 Knitting Club (Crafts Room) 3:00 Entertainment with "Mellow Tones" (Recreation Hall) Featured drink of the week: Wild Strawberry Punch	31 10:30 Bingo (Crafts Room) 1:30 Clarinet concert with Courtney (Recreation Hall) 2:00 Afternoon Movie (Theatre)