



APPLEWOOD RETIREMENT RESIDENCE

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HAPPY NEW YEAR</p>	<p>Applewood Tuck Shop</p> <p>**Please note, the tuck shop is open at the front desk, for whenever you need it ☺ Thank you!!</p>	<p>1 HAPPY NEW YEAR</p> <p>10:15 Coffee Club</p> <p>2:00 Arm Chair Travel In the Theatre Room</p> <p>8:00 Friends of the Round Table</p>	<p>210:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Putting Decorations Away</p> <p>3:00 Meet & Greet</p> <p>6:45 Bible Study Group In the Library – 3rd Floor</p> <p>8:00 Friends of the Round Table</p>	<p>3</p> <p>9:30 Shuttle to Lansdowne PI</p> <p>10:00 CHAIR -YOGA</p> <p>1:45 Afternoon Cards</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>4 10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin & Win Bingo</p> <p>3:00 Happy Hour W Gary Birkhof</p> <p>6:45 Progressive Euchre Club</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>5 10:00 Seamstress Sharan Please Sign up at the Front</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Piano w John Scott</p> <p>3:30 Meet & Greet</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>6 10:00 Visit w Therapy Dogs</p> <p>11:00 Catholic Mass</p> <p>2:00 CHURCH SERVICE W Salvation Army Service</p> <p>3:00 Sunday Social</p> <p>7:00 Applewood Movie Night</p>	<p>7</p> <p>10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Card Bingo</p> <p>6:45 Progressive Euchre Club</p> <p>8:00 Friends of the Round Table</p>	<p>8</p> <p>9:30 Knitting & Quilting</p> <p>10:00 CHAIR YOGA</p> <p>10:15 Coffee Club</p> <p>2:00 Introduce our student Jesse McColl from SSFC</p> <p>8:00 Friends of the Round Table</p>	<p>9</p> <p>10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>2:00 Monthly Birthday Party W Mapleridge</p> <p>6:45 Bible Study Group In the Library – 3rd Floor</p> <p>8:00 Friends of the Round Table</p>	<p>10</p> <p>9:30 Shuttle to Wal-mart</p> <p>10:00 CHAIR YOGA</p> <p>10:30 "Tickle your Mind" Sharing our Views & Ideas</p> <p>2:00 Afternoon Music W Doug Morgan</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>11 10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin & Win Bingo</p> <p>3:00 Happy Hour W Randy Read</p> <p>6:45 Progressive Euchre Club</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>12</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Card Bingo</p> <p>3:00 Search & Find Game</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>13</p> <p>10:00 Visit w Therapy Dogs</p> <p>11:00 Catholic Mass</p> <p>2:00 Church Service W Tom & Susan</p> <p>3:00 Sunday Social</p> <p>6:45 Ferndale Church</p>	<p>14</p> <p>10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Card Bingo</p> <p>6:45 Progressive Euchre Club</p> <p>8:00 Friends of the Round Table</p>	<p>15 9:30 Knitting & Quilting</p> <p>10:00 CHAIR - YOGA</p> <p>10:15 Coffee Club</p> <p>2:00 Church Service With St. Luke's Church</p> <p>8:00 Friends of the Round Table</p>	<p>16 10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>2:00 Afternoon Crafts With Gisela</p> <p>3:00 Meet & Greet</p> <p>6:45 Bible Study Group</p> <p>7:00 Manicures – File & Polish</p> <p>8:00 Friends of the Round Table</p>	<p>17 9:30 Shuttle to Giant Tiger</p> <p>10:00 CHAIR – YOGA</p> <p>10:30 "Tickle your Mind" Sharing our Views & Ideas</p> <p>1:45 Afternoon Cards</p> <p>2:00 Men's Group</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>18 10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin & Win Bingo</p> <p>3:00 Happy Hour W Darlene & the Shamrockers</p> <p>6:45 Progressive Euchre</p> <p>7:00 Front Lobby Vinyl Party</p> <p>What am I? Confetti</p>	<p>19</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Card Bingo</p> <p>3:00 Search & Find Game</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>20</p> <p>10:00 Visit w Therapy Dogs</p> <p>11:00 Catholic Mass</p> <p>2:00 CHURCH SERVICE w DONALD JONES</p> <p>3:30 Eileen Hennessey</p> <p>7:00 Applewood TV Night</p>	<p>21</p> <p>10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Card Bingo</p> <p>6:45 Progressive Euchre Club</p> <p>8:00 Friends of the Round Table</p>	<p>22 9:30 Knitting & Quilting</p> <p>10:00 CHAIR - YOGA</p> <p>10:15 Coffee Club</p> <p>2:00 OPEN HOUSE FOR TAI CHI CLASS Tea & Coffee to follow</p> <p>8:00 Friends of the Round Table</p>	<p>23 10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Flyswatter Volleyball</p> <p>3:00 Meet & Greet</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>24 9:30 Shuttle - Dollar Store</p> <p>10:00 CHAIR - YOGA</p> <p>10:30 "Tickle your Mind" Sharing our Views & Ideas</p> <p>1:45 Afternoon Cards</p> <p>2:00 Men's Group</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>25 10:00 Fun & Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin & Win Bingo</p> <p>3:00 Happy Hour/Oktoberfest W Lawrence Marks</p> <p>6:45 Progressive Euchre Club</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>26 10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Country Buddies</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>27</p> <p>10:00 Visit w Therapy Dogs</p> <p>2:00 Church Service w Peter Gauthier</p> <p>3:00 Sunday Social</p>	<p>28 10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Card Bingo</p> <p>6:45 Progressive Euchre Club</p> <p>8:00 Friends of the Round Table</p>	<p>29</p> <p>9:30 Knitting & Quilting</p> <p>10:15 Coffee Club</p> <p>10:00 CHAIR - YOGA</p> <p>2:00 Singing w Margaret</p> <p>3:30 TAI CHI CLASS</p> <p>8:00 Friends of the Round Table</p>	<p>30</p> <p>10:00 Fun & Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:00 Piano Man Dan Armstrong</p> <p>3:00 Meet & Greet</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>31</p> <p>9:30 Shuttle to Shopper's</p> <p>10:00 CHAIR - YOGA</p> <p>1:45 Afternoon Cards</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>		



HAPPY BIRTHDAY

Jan 1 Betty H
 Jan 9 Shirley G
 Jan 10 Marion M
 Jan 12 Denis G
 Jan 20 Lee D
 Jan 26 Babe G
 Jan 27 Lena S

CHURCH SERVICES

Salvation Army **Sun 6 @ 2:00**
 Catholic Mass **Sun 6, 13 & 20 @ 11:00 am**
 Tom & Susan **Sun 13 @ 2:00**
 Ferndale Evening Church **Sun 14 @ 6:45**
 Donald Jones **Sun 20 @ 2:00 pm**
 Ferndale Evening Church **Sun 28 @ 6:45**



TO THE FAMILY OF APPLEWOOD RESIDENTS

Last year we celebrated our 30th Anniversary and we hope you enjoyed the very special events that we brought you. Walking into 2019 we are looking forward to another year of “community” Lets open up our hearts and welcome to our home the ever so many wonderful and interesting people who walk thru our doors. You are truly a community of genuine and loving people who we truly admire.

Laurie Riley – Activities Manager



“JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes.” ~ Charmaine J. Ford

Jan 1

Today is New Year’s Day. You might follow the tradition of making a New Year’s resolution or, as they do in South Africa, you could throw furniture or old stuff out of the window as a symbol of new beginnings.

Jan 2

Today is Run It up the Flagpole and See if Anyone Salutes Day. While you may desire to run an actual flag up the flagpole, this phrase is an expression meaning “to present a new idea.” It’s a new year, so why not?

Jan 3

Today is Fruitcake Toss Day. People may knock these leaden confections as a Christmas cliché, but fruitcakes have been an indulgence of the upper class, served at weddings and holidays, as far back as the Middle Ages.

Jan 6

Today is Cuddle Up Day. Physical touch with a loved one or even a pet is a form of communication of trust, commitment, safety, and reassurance. Cuddling even releases chemicals that make it easier to sleep!

Jan 9

Today is Take the Stairs Day. Everyday activities such as climbing stairs are easy routines that improve health. Stair climbing doesn’t require any special skills, training, or equipment—just the will to pass on the elevator.

Jan 15

Today is Hat Day. Our love of hats dates back many millennia. An image in an Egyptian tomb from 3000 BC depicts a man wearing a cone-like straw hat. A 5,300 year-old Iceman was found wearing a bearskin hat.

Jan 22

Today is Polka Dot Day. When the polka dance swept through Europe in the 19th century, the word polka was used to describe everything from coats to hats. In 1857, a spotted fabric pattern was first called “polka dots.”

Jan 27

Today is Chocolate Cake Day. Not only has chocolate consumption been linked to improved cognitive function, memory, and abstract reasoning, eating chocolate every morning has been shown to improve weight loss!

