




APPLEWOOD RETIREMENT RESIDENCE

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>PLEASE Remember we will be accepting donations for the Heart & Stroke Foundation for the month of February. Please see Laurie at anytime☺</p>		<p>1 10:00 Fun & Fitness 10:30 Coffee Club 2:00 Good Health & Happiness Party With Washboard Hank Bar Open & Refreshments 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>2 10:00 Seamstress Sharan Please Sign up at the Front</p> <p>10:15 Coffee Club Good Friends/Great Coffee 2:00 Afternoon Cards 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>3 10:00 Visit w Therapy Dogs 11:00 Catholic Mass</p> <p>2:00 CHURCH SERVICE W Salvation Army Service</p> <p>6:45 Ferndale Church</p>	<p>4 10:00 Fun & Fitness Group 10:30 Coffee Club</p> <p>2:00 Card Bingo 6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>5 9:30 Knitting & Quilting 10:00 CHAIR YOGA 10:15 Coffee Club 2:00 Afternoon Crafts With Gisela</p> <p>8:00 Friends of the Round Table</p>	<p>6 10:00 Fun & Fitness 10:30 Coffee Club 2:00 Monthly Birthday Party W Mapleridge 6:45 Bible Study Group In the Library – 3rd Floor 8:00 Friends of the Round Table</p>	<p>7 9:30 Shuttle to Sears 10:00 CHAIR YOGA</p> <p>2:00 Afternoon Music W Doug Morgan</p> <p>7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>8 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour W Kathy V.</p> <p>6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>9 10:15 Coffee Club Good Friends/Great Coffee</p> <p>2:00 Card Bingo 3:00 Search & Find Game 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>10 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Church Service W Tom & Susan</p> <p>3:00 Sunday Social</p>	<p>11 10:00 Fun & Fitness In the Large Rm for TODAY only 10:30 Coffee Club</p> <p>2:00 Card Bingo 6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>12 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 OPEN HOUSE FOR TAI CHI CLASS Tea & Coffee to follow</p> <p>8:00 Friends of the Round Table</p>	<p>13 10:00 Fun & Fitness 10:30 Coffee Club</p> <p>2:00 Discussion Group "Valentine's Day" 3:00 Meet & Greet 6:45 Bible Study Group 8:00 Friends of the Round Table</p>	<p>14 Happy Valentine's Day 9:30 Shuttle to Wal-mart 10:00 CHAIR - YOGA 2:00 VALENTINE'S PARTY W Gerry G & 2nd Wind 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>15 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour W Maplesuger Fiddlers 6:45 Progressive Euchre 7:00 Front Lobby Vinyl Party Who am I? the Toothfairy</p>	<p>16 10:15 Coffee Club Good Friends/Great Coffee 2:00 Afternoon Music with the Country Buddies 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>17 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 CHURCH SERVICE w DONALD JONES</p> <p>3:30 Eileen Hennessey 6:45 Ferndale Church</p>	<p>18 FAMILY DAY 10:30 CHIT CHAT w Angie In the Friendship Rm 2:00 Music Concert with Sylvan Shores Duo Group In the Theatre Room 6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>19 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 Church Service With St. Luke's Church</p> <p>8:00 Friends of the Round Table</p>	<p>20 10:00 Fun & Fitness Group 10:30 Coffee Club</p> <p>2:00 Flyswatter Volleyball 3:00 Meet & Greet</p> <p>6:45 Bible Study Group 8:00 Friends of the Round Table</p>	<p>21 9:30 Shuttle - Dollar Store 10:00 CHAIR - YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 1:45 Afternoon Cards 2:00 Men's Group "Traveling Around the World" 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>22 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour W Jeannette Vander Vooren 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>23 10:15 Coffee Club Good Friends/Great Coffee</p> <p>2:00 Dance Elite Studio Performing in the Large Room 3:00 Search & Find Game 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>24 10:00 Visit w Therapy Dogs</p> <p>2:00 St John the Baptist Band - Concert</p> <p>3:00 Sunday Social</p> <p>7:00 Applewood Movie Night</p>	<p>25 10:00 Fun & Fitness Group 10:30 Coffee Club</p> <p>2:00 Card Bingo</p> <p>6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>26 9:30 Knitting & Quilting 10:15 Coffee Club 10:00 CHAIR - YOGA</p> <p>2:00 Singing w Margaret</p> <p>3:30 TAI CHI CLASS 8:00 Friends of the Round Table</p>	<p>27 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 New Program "Fit Minds" A fun new program !!! 3:00 Meet & Greet 6:45 Bible Study Group In the Library – 3rd Floor 8:00 Friends of the Round Table</p>	<p>28 9:30 Shuttle to Shopper's 10:00 CHAIR - YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 1:45 Afternoon Cards</p> <p>7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>		



HAPPY BIRTHDAY

Feb 2 Kay A

Feb 5 Anne A & Jean C

Feb 8 Elsa B

Feb 8 Irene & Len M

Feb 15 Evelyn T

Feb 22 Muriel T

CHURCH SERVICES

Salvation Army **Sun 3 @ 2:00**

Ferndale Evening Church **Sun 3 @ 6:45 pm**

Catholic Mass **Sun 3, 10 & 17 @ 11:00 am**

Tom & Susan **Sun 10 @ 2:00**

Donald Jones **Sun 17 @ 2:00 pm**

Ferndale Evening Church **Sun 17 @ 6:45 pm**



Jackie D

Grace G

Patricia W



February is the second month of the year in the Julian and Gregorian calendars. With 28 days in common years and 29 days in leap years, it is the shortest month of the year, and it is also the only month with fewer than 30 days. February gets its name from the Latin word februum, which means “to purify.” The Romans purified themselves in February—a ritual undertaken in preparation for the arrival of spring.

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Will You Be My Valentine? While we exchange cards and flowers each Valentine’s Day, in Wales, a man carves a wooden “love spoon” for his beloved, decorating it with symbols such as a key (to his heart). Meanwhile, in Iraq, lovers exchange red apples decorated with cloves, representing the story of Adam and Eve.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because North Americans, on average, use over 1 million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone’s original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Weather or Not It is said that if the weather is fair and mild in January and at the beginning of February, there is more winter ahead than behind. “If the cat lies in the sun in February, she will creep behind the stove in March.” ~ Weather Folklore