



APPLEWOOD RETIREMENT RESIDENCE

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Applewood Tuck Shop **Please note, the tuck shop is open at the front desk, for whenever you need it ☺ Thank you!!				1 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour with Gary Berkhof 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party	2 10:15 Coffee Club Good Friends/Great Coffee 2:00 Piano Music w John Scott 7:00 Sat Night at the Movies In the Theatre Room
3 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 CHURCH SERVICE W Salvation Army Service 3:00 Sunday Social 7:00 Applewood Movie Night	4 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 AFTERNOON CRAFTS w Gisela 6:45 Progressive Euchre Club 8:00 Friends of the Round Table	5 9:30 Knitting & Quilting 10:00 CHAIR YOGA 10:15 Coffee Club 2:00 OPEN HOUSE FOR TAI CHI CLASS Tea & Coffee to follow 8:00 Friends of the Round Table	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	7 9:30 Shuttle to Sears 10:00 CHAIR YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 1:45 Afternoon Cards 2:00 Men's Group Guest Speaker - Greenland 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table	8 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour with Darlene & the Shamrock 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party	9 10:00 Seamstress Sharan Please Sign up at the Front 10:15 Coffee Club Good Friends/Great Coffee 2:00 Card Bingo 3:00 Search & Find Game 7:00 Sat Night at the Movies In the Theatre Room TURN YOUR CLOCK AHEAD !!!!!
10 Daylight Savings Begins 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Church Service W Tom & Susan 3:30 Eileen Hennessey 6:45 Ferndale Church	11 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 Card Bingo 3:15 Decorating Cookies with Tara 6:45 Progressive Euchre Club 8:00 Friends of the Round Table	12 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 Music w SWING SET 8:00 Friends of the Round Table	13 10:00 Fun & Fitness 10:30 Coffee Club 10:00 – 2:30 Tan Jay & Alia Clothing Co. In the Large Room 3:00 Meet & Greet 6:45 Bible Study Group 8:00 Friends of the Round Table	14 9:30 Shuttle to Wal-mart 10:00 CHAIR – YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 2:00 TRAVEL LOG to "IRELAND" 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table	15 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 ST.PADDY'S Happy Hour w Washboard Hank 6:45 Progressive Euchre 7:00 Front Lobby Vinyl Party What am I? the Blarneystone	16 10:15 Coffee Club Good Friends/Great Coffee 2:00 St. Paddy's Concert with the Country Buddies 7:00 Sat Night at the Movies In the Theatre Room
17 St Paddy's Day 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 CHURCH SERVICE w DONALD JONES 3:00 Sunday Social 7:00 Applewood Movie Night	18 10:00 Fun & Fitness Group 10:30 CHIT CHAT w Angie How Technology has changed 2:00 Resident Council Meeting 6:45 Progressive Euchre Club 8:00 Friends of the Round Table	19 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 Church Service With St. Luke's Church 8:00 Friends of the Round Table	20 FIRST DAY OF SPRING 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 Celebrate Spring with "The Blue Birds" 3:00 Meet & Greet 6:45 Bible Study Group 8:00 Friends of the Round Table	21 9:30 Shuttle - Dollar Store 10:00 CHAIR - YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 1:45 Afternoon Cards 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table	22 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour w Randy Read 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party	23 10:00 – 2:00 SPRING FLING VENDOR SHOW W Tea Room Open \$3.00 pp 7:00 Sat Night at the Movies In the Theatre Room
24 10:00 Visit w Therapy Dogs 2:00 Church w Peter G. 3:00 Sunday Social 6:45 Ferndale Church 31 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Travel Log 7:00 Applewood Movie Night	25 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 Card Bingo 6:45 Progressive Euchre Club 8:00 Friends of the Round Table	26 9:30 Knitting & Quilting 10:15 Coffee Club 10:00 CHAIR - YOGA 2:00 Singing w Margaret 3:30 TAI CHI CLASS 8:00 Friends of the Round Table	27 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 New Program "Mind Fit" 3:00 Meet & Greet 6:45 Bible Study Group In the Library – 3rd Floor 8:00 Friends of the Round Table	28 9:30 Shuttle to Shopper's 10:00 CHAIR – YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 1:45 Afternoon Cards 2:45 – 3:45 Kitchen Tour 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table	29 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour w Barb Holtman 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party	30 10:15 Coffee Club Good Friends/Great Coffee 2:00 Card Bingo 3:00 Search & Find Game 7:00 Sat Night at the Movies In the Theatre Room



HAPPY BIRTHDAY

March 1 Sheila L & Iswar C

March 2 Freda McE

March 5 Marjorie LaP

March 6 Ferne MacC

March 9 Vera B

March 15 Anita C & Rita W

March 16 Ron C

March 17 Gerrie S

March 18 Phyllis H March 26 Betty P

March 21 Les M March 30 Laretta H

CHURCH SERVICES

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

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

Catholic Mass **Sun 3, 10, 17 & 31 @ 11:00 am**

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

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

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

Peter Gauthier **Sun 24 @ 2:00 pm**

 WELCOME 

Kevin G



“The March wind roars like a lion in the sky And makes us shiver as he passes by. When winds are soft and the days are warm and clear, Just like a gentle lamb, then spring is here.” ~ Author Unknown



The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl's nocturnal nature, their swift silence, their chilling calls of “who,” or their bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia. In ancient Greece, the owl was the symbol of Athena, goddess of wisdom. It was believed that an “inner light” gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches' helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.



Bird of the Month – The Robin

Robins are one of the most widespread and common birds in North America. They are migratory but will overwinter in place if they have a reliable food source. In colder weather, they forage for nuts and berries. When the ground is thawed, robins start digging for worms. This is how robins became a symbol of springtime. They also start to sing in the early spring to attract a mate. Robins fashion rudimentary nests from mud, grass, and sticks. Their reproductive process is so efficient that they just need temporary housing. After mating, female robins quickly lay four beautiful blue eggs that incubate for just under two weeks. After hatching, baby robins grow rapidly and abandon the nest. Then the nesting cycle begins again.