



APPLEWOOD RETIREMENT RESIDENCE

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>APRIL FOOLS DAY</p>	<p>1 APRIL FOOL'S DAY 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 Card Bingo 3:30 "SATIN HANDS" FREE Pampering Treatment 6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>2 9:30 Knitting & Quilting 10:00 CHAIR YOGA 10:15 Coffee Club 2:00 TRINITY CHURCH EASTER SERVICE & FELLOWSHIP TIME 6:30 Girl Guide Troop Visit In the Large Room 8:00 Friends of the Round Table</p>	<p>3 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>49:30 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 Exploring Adventure 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>5 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour with Lawrence Marks 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>6 10:00 Seamstress Sharan Please Sign up at the Front 10:15 Coffee Club Good Friends/Great Coffee 2:00 Afternoon Cards 7:00 Sat Night at the Movies In the Front Lobby</p>
<p>7 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</p>	<p>8 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</p>	<p>9 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 Singing w Margaret 3:30 TAI CHI CLASS 8:00 Friends of the Round Table</p>	<p>10 10:00 Fun & Fitness 10:30 Coffee Club 2:00 Afternoon Crafts W Gisela 6:45 Bible Study Group 8:00 Friends of the Round Table</p>	<p>11 9:30 Shuttle to Wal-mart 10:00 CHAIR YOGA 2-4 Bon Voyage-Retirement Party for Betty Smith 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>12 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour with Kathy V. 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>13 Therapy Dogs Training 9-noon 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 Front Lobby</p>
<p>14 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Church Service W Tom & Susan 6:45 Ferndale Church</p>	<p>15 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</p>	<p>16 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 10:15 Coffee Club 2:00 EASTER COMMUNION With St. Luke's Church 8:00 Friends of the Round Table</p>	<p>17 10:00 Fun & Fitness 10:30 Coffee Club 2:00 Guest Speaker-GreenUp April Showers- "Rethink the Rain" 6:45 Bible Study Group 8:00 Friends of the Round Table</p>	<p>18 9:30 Shuttle to Wal-mart 10:00 CHAIR - YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 2:00 Music Group "The Clarinaires" 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>19 GOOD FRIDAY 10:00 Fun & Fitness 10:30 Coffee Club 2:00 Movie: The Ten Commandments Part One 6:45 Progressive Euchre 7:00 Front Lobby Vinyl Party</p>	<p>20 10:15 Coffee Club Good Friends/Great Coffee 2:00 Musical Afternoon w The Country Buddies 7:00 Sat Night at the Movies In the Theatre Room Ten Commandments Part Two</p>
<p>21 EASTER SUNDAY 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 CHURCH SERVICE w DONALD JONES 7:00 Applewood Movie Night</p>	<p>22 10:00 Fun & Fitness Group 11:00-2:00 Ptbo Shoe Maker and Orthotic In the Friendship Room 2:30 Travel Log- Scenic Walks 6:45 Progressive Euchre Club 8:00 Friends of the Round Table</p>	<p>23 9:30 Knitting & Quilting 10:00 CHAIR - YOGA 1:45 - 3:00-Fundraiser Luminary Bags Decorating bags for Canadian Cancer Society w school children</p>	<p>24 10:00 Fun & Fitness Group 10:30 Coffee Club 2:00 NEW PROGRAM FIT MINDS 3:15 - 4:00 Crafts w Gail 6:45 Bible Study Group 8:00 Friends of the Round Table</p>	<p>25 9:30 Shuttle - Dollar Store 10:00 CHAIR - YOGA 10:30 "Tickle your Mind" Sharing our Views & Ideas 2:00 Piano Man Dan Armstrong 7:00 Spin the tunes w Steve 8:00 Friends of the Round Table</p>	<p>26 10:00 Fun & Fitness 10:30 Coffee Club 1:45 Spin & Win Bingo 3:00 Happy Hour w Mapleridge Fiddlers 6:45 Progressive Euchre Club 7:00 Front Lobby Vinyl Party</p>	<p>27 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</p>
<p>28 10:00 Visit w Therapy Dogs 2:00 Church Service w Debbie & Jesse 3:30 Eileen Hennessey 6:45 Ferndale Church</p>	<p>29 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</p>	<p>30 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</p>		<p>Applewood Tuck Shop **Please note, the tuck shop is open at the front desk, for whenever you need it ☺ Thank you!!</p>		



HAPPY BIRTHDAY

April 1 Vera P

April 2 Betty P

April 4 Eileen I

April 6 Lillian D

April 14 Gail M & May F

April 16 Helen E

April 28 Jerry L

April 29 Barb P

CHURCH SERVICES

Trinity Church Easter Service **Tues 2 @ 2:00**

Salvation Army **Sun 7 @ 2:00**

Tom & Susan **Sun 14 @ 2:00**

Ferndale Evening Church **Sun 14 @ 6:45**

Catholic Mass **Sun 7, 14, & 21 @ 11:00 am**

St Luke's Church Easter Communion **Tues 16 @ 2:00**

Donald Jones **Sun 21 @ 2:00 pm**

Ferndale Evening Church **Sun 28 @ 6:45**



Maureen E

Shirley F

Sylvia & Jack G

April is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three? June, September, and November) The name April comes from Aprilis, derived from aperire, meaning "to open." It is the name the Romans gave the month, reportedly because it is the time of year when flowers begin to bud or open

Bird of the Month – Wilson's Warbler

Who is Wilson and what exactly is a warbler? In this case, Wilson is Alexander Wilson, a Scottish mill worker who emigrated to America and eventually authored the nine volume American Ornithology. Wilson's warblers are small, chirpy, and very spry songbirds. Most of their time is spent flitting in the shrubby understory of the forest hunting for insects. Wilson's warblers are found throughout the United States, especially in the west. Both male and female Wilson's warblers are shades of yellow. The males have little black "caps" that look like mini berets on top of their head. Wilson's warblers nest on the ground, in bushes, or in small trees, laying about five eggs annually. In 2014, a study tracked the migration patterns of Wilson's warblers. It was discovered that DNA extracted from feathers predicted their migration routes. Scientists hope to replicate this study with other species.



Set the Record Straight Ask anyone to draw a picture of a raindrop, and they most likely will draw it shaped like a teardrop: full and round on the bottom and pointed at the top. In reality, small raindrops that form high in the atmosphere are almost always spherical. As raindrops grow larger, they develop into a shape that looks much like a hamburger bun: flat on the bottom and round on the top. As they fall, larger drops split into smaller, spherical drops and, if they collide with other raindrops and grow larger, they again take the shape of the burger bun until they grow so large that they split again into smaller spherical drops.

Mad Science Why do old newspaper clippings and the pages of books turn yellow over time? Most paper is made from wood, which is comprised largely of cellulose and lignin, which is what makes wood stiff and strong. Cellulose is very good at reflecting light, which makes paper appear white. Lignin, on the other hand, changes its molecular structure as it ages. As molecular bonds are broken, new patches of molecules turn yellow and brown. Paper manufacturers attempt to remove as much lignin as possible from paper so that it stays white. Newspaper, however, is cheap, has more lignin, and yellows faster. Brown cardboard, on the other hand, has lots of sturdy lignin to keep it stiff.