



# APPLEWOOD RETIREMENT RESIDENCE

## AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOTE FROM SALON</b></p> <p><b>BETWEEN AUG 20 AND 23 THE SALON WILL BE OPEN FOR MORNINGS ONLY W SUSAN</b></p>	<p><b>RESIDENT &amp; STAFF WALKING PROGRAM</b></p> <p>Every MON, WED &amp; FRI AT 1:30</p> <p><b>PLEASE Meet at the Front Desk</b></p>	<p><b>Applewood Tuck Shop</b></p> <p>**Please note, the tuck shop is open at the front desk, for whenever you need it ☺</p> <p><b>Thank you!!</b></p>		<p>1</p> <p>9:30 Shuttle to Lansdowne PI</p> <p>10:00 CHAIR YOGA</p> <p>10:30 "Tickle your Mind" Sharing our Views &amp; Ideas</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>2 10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin &amp; Win Bingo</p> <p>3:00 Happy Hour with Bill Dickenson</p> <p>6:45 Progressive Euchre Club</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>3</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Music w John Scott</p> <p>7:00 Sat Night at the Movies In the Front Lobby</p>
<p>4 10:00 Visit w Therapy Dogs</p> <p>11:00 Catholic Mass</p> <p>2:00 Travel Log Afternoon</p> <p>3:00 Sunday Social</p> <p>7:00 Applewood Movie Night</p>	<p>5 <b>CIVIC HOLIDAY</b></p> <p>10:00 Fun &amp; 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>6 9:30 Knitting &amp; Quilting</p> <p>10:00 CHAIR YOGA</p> <p>10:30 Coffee Club</p> <p>2:00 Musical Afternoon The Heavenly Fiddlers</p> <p>8:00 Friends of the Round Table</p>	<p>7 10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>10:30 Fit Minds</p> <p>2:00 Monthly Birthday Party W Max &amp; the Stickman</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>8 9:30 Shuttle to Wal-mart</p> <p>10:00 CHAIR YOGA</p> <p>10:30 "Tickle your Mind"</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>What am I? A honey bee</p>	<p>9 10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin &amp; Win Bingo</p> <p>3:00 Happy Hour with Lawrence Mark</p> <p>6:45 Progressive Euchre Club</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>10 10:00 Seamstress</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Sat Card Bingo</p> <p>7:00 Sat Night at the Movies In the Front Lobby</p>
<p>11</p> <p>10:00 Visit w Therapy Dogs</p> <p>11:00 Catholic Mass</p> <p>2:00 Church Service W Tom &amp; Susan</p> <p>7:00 Applewood Movie Night</p>	<p>12 10:00 Fun &amp; Fitness</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>13 9:30 Knitting &amp; Quilting</p> <p>10:00 CHAIR YOGA</p> <p>10:30 Coffee Club</p> <p>2:00 Town Hall Meeting With Leslie</p> <p>3:00 YUMMY TREAT</p> <p>8:00 Friends of the Round Table</p>	<p>14 10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>2:00 Music with Dan Armstrong</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>15 9:30 Shuttle to Giant Tiger</p> <p>10:00 CHAIR YOGA</p> <p>10:30 "Tickle your Mind" Sharing our Views &amp; Ideas</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>16 10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin &amp; Win Bingo</p> <p>3:00 Happy Hour with Gary Birkhof</p> <p>6:45 Progressive Euchre</p> <p>7:00 Front Lobby Vinyl Party</p>	<p>17</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Sat Card Bingo</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>18</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 Movie Night</p>	<p>19 10:00 Fun &amp; Fitness</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>20 9:30 Knitting &amp; Quilting</p> <p>10:00 CHAIR YOGA</p> <p>10:30 Coffee Club</p> <p>12:30 - 3:30 ROLANDA'S JEWELRY SALE</p> <p>3:30 TAI CHI CLASS</p> <p>8:00 Friends of the Round Table</p>	<p>21 10:00 Fun &amp; Fitness</p> <p>Noon</p> <p>1st Floor Resident BBQ Out in the Courtyard</p> <p>2:30 Fit Minds</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>22 9:30 Shuttle to Dollar Store</p> <p>10:00 CHAIR YOGA</p> <p>2:00 REXALL PHARMACY Sleep Tight and Live Right</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>23</p> <p>10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin &amp; Win Bingo</p> <p>3:00 Happy Hour With Wash Board Hank</p> <p>6:45 Progressive Euchre Club</p>	<p>24</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Musical Afternoon w Country Buddies</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>25</p> <p>10:00 Visit w Therapy Dogs</p> <p>2:00 Gospel Hour With Peter G.</p> <p>6:45 FERNADALE CHURCH</p>	<p>26</p> <p>10:00 Fun &amp; 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>27 9:30 Knitting &amp; Quilting</p> <p>10:00 CHAIR YOGA</p> <p>10:30 Coffee Club</p> <p>NOON</p> <p>LEAVING FOR OUR ANNUAL BOAT CRUISE</p> <p>8:00 Friends of the Round Table</p>	<p>28</p> <p>10:00 Fun &amp; Fitness Group</p> <p>10:30 Coffee Club</p> <p>2:30 Fit Minds</p> <p>6:45 Bible Study Group</p> <p>8:00 Friends of the Round Table</p>	<p>29 9:30 Shuttle - Shopper's</p> <p>10:00 CHAIR YOGA</p> <p>2:00 Afternoon Concert with THE BLUE BIRDS</p> <p>7:00 Spin the tunes w Steve</p> <p>8:00 Friends of the Round Table</p>	<p>30</p> <p>10:00 Fun &amp; Fitness</p> <p>10:30 Coffee Club</p> <p>1:45 Spin &amp; Win Bingo</p> <p>3:00 Happy Hour With Kathy V.</p> <p>6:45 Progressive Euchre Club</p>	<p>31</p> <p>10:15 Coffee Club</p> <p>Good Friends/Great Coffee</p> <p>2:00 Sat Afternoon Cards</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>



## HAPPY BIRTHDAY

Aug 12 Percy B

Aug 13 Whitey K

Aug 25 Joan K

Aug 28 Ona C

Aug 29 Elsie P

## CHURCH SERVICES

Tom & Susan **Sun 11 @ 2:00**

Catholic Mass **Sun 4, 11, 28 @ 11:00 am**

Donald Jones **Sun 18 @ 2:00 pm**

Peter G. **Sun 25 @ 2:00 pm**

Ferndale Evening Church **Sun 25 @ 6:45**



Betty & Eric H

**NOTE FROM OUR HAIRDRESSER GALE:  
BETWEEN AUG 20 AND 23 THE SALON WILL BE OPEN FOR  
MORNINGS ONLY.  
SUSAN WILL BE HERE TO COVER GALE'S HOLIDAY**

**August** was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. But legend has it that the Roman senate wanted the month to be named after Augustus and wanted it to have as many days as July, which was named after Julius. Therefore, one day was taken from the month of February and added to August.

## Guessing Game

### What Am I?

1. I helped Cleopatra with her daily beauty routine.
2. I also helped the ancient Egyptians pay their taxes.
3. I am originally from Asia.
4. I am a social creature.
5. I like to do a little dance.
6. My lifespan is normally around 120–150 days, but sometimes I can live up to five years.
7. The earliest evidence of me popped up hundreds of millions of years ago.
8. I am a very important part of agriculture.
9. I produce a product that yields 160 million dollars in the United States alone.
10. I play a part in the growth of 70 to 90 percent of food crops.
11. I've been dying out at an alarming rate for the past few decades.
12. There are three types of me, each having its own important job to do.
14. I'm usually quite busy

## Bird of the Month – Kingfisher

What eats mummichogs and sticklebacks (both small fish), burrows in landfills, road cuts, and construction sites, and has flown the earth for at least 600,000 years with fossils to prove it? The belted kingfisher. Different species of these small, squat birds with big, sturdy heads and daggerlike bills are found on every continent except for Antarctica. Scientists know relatively little about kingfishers. One anomaly is that female belted kingfishers are more colorful than their male counterparts, which is unusual in the bird world. Both are gray and blue, but the females also have a bright rusty-red “belt.” Another interesting fact is that male and female kingfishers take turns incubating eggs and feeding their babies. Despite their stocky build, kingfishers are fast flyers. They spend their time hunting fish in rivers and estuaries. Belted kingfishers divebomb their prey from perches on trees and sometimes telephone poles.



**“Dog Days” of Summer** August is traditionally the hottest month of the year in the northern hemisphere, and the time period between July 3 and August 11 is sometimes referred to as the “dog days” of summer. The nickname refers to Sirius, or the Dog Star. Mediterranean stargazers first observed that these sultry days occurred about 20 days before or after the rising and setting of Sirius with the sun.