



APPLEWOOD RETIREMENT RESIDENCE

SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Knitting & Quilting 11:00 Fun & Fitness Exercises 1:30 Applewood Shuttle 2:00 SPELLING BEE 6:45 Bible Study Group In the Library – 3 rd Floor	2 11:00 Fun & Fitness Exercises 2:00 MOVIE AFTERNOON THE BIG VALLEY 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	3 9:30 Applewood Shuttle 11:00 Fun & Fitness Exercises 2:00 CRAFT AFTERNOON WITH GAIL 7:00 Spin the tunes w Steve	4 1:45 Spin & Win Bingo 3:15 Outdoor Concert Series & Happy Hour With Keith Kirkpatrick 4 - 7:30 Legion Cruise Night PLEASE wear your mask and stay 6ft apart from others!!	5 2:00 Front Lobby Vinyl Party 7:00 Sat Night at the Movies In the Theatre Room
6 10:00 Visit w Therapy Dogs No Catholic Mass today 2:00 Quiz Corner In the Front Lobby 7:00 Applewood Movie Night	7 LABOUR DAY 2:00 Tickle Your Mind Discussion Group In the Library – 3 rd Floor 7:00 MOVIE NIGHT	8 9:30 Knitting & Quilting 1:30 Applewood Shuttle 2:00 September Trivia In the Large Activity Rm 6:45 Bible Study Group In the Library – 3 rd Floor	9 11:00 Fun & Fitness Exercises 2:00 OUTDOOR CONCERT With Noah Abrahamse Playing Saxophone 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	10 9:30 Applewood Shuttle 11:00 Fun & Fitness Exercises 2:00 WHAT WOULD YOU DO? GAME 7:00 Spin the tunes w Steve	11 11:00 Fun & Fitness Exercises 1:45 Spin & Win Bingo 3:15 Outdoor Concert Series & Happy Hour With Randy Read 4 – 7:30 Legion Cruise Night PLEASE wear your mask and stay 6ft apart from others!!	12 2:00 Front Lobby Vinyl Party 7:00 Sat Night at the Movies In the Theatre Room
13 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Quiz Corner In the Front Lobby 7:00 Applewood Movie Night	14 2:00 Tickle Your Mind Discussion Group In the Library – 3 rd Floor 3:30 MINDFUL MOVEMENT & RELAXATION CLASS	15 9:30 Knitting & Quilting 1:30 Applewood Shuttle 2:00 OUTDOOR CONCERT (weather permitting) In the back garden With “NIGHT SHIFT” 6:45 Bible Study Group In the Library – 3 rd Floor	16 11:00 Fun & Fitness Exercises 2:00 EXPOSE TRAVEL TO BRAZIL 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	17 9:30 Applewood Shuttle 11:00 Fun & Fitness Exercises 2:00 MEN'S GROUP With guest speaker John D. 7:00 Spin the tunes w Steve	18 11:00 Fun & Fitness 1:45 Spin & Win Bingo 3:15 Outdoor Concert Series & Happy Hour With Don Van Halteran 4 – 7:30 Legion Cruise Night PLEASE wear your mask and stay 6ft apart from others!!	19 2:00 Front Lobby Vinyl Party 7:00 Sat Night at the Movies In the Theatre Room
20 10:00 Visit w Therapy Dogs 11:00 Catholic Mass 2:00 Quiz Corner In the Front Lobby 7:00 Applewood Movie Night	21 2:00 Tickle Your Mind Discussion Group In the Library – 3 rd Floor 7:00 MOVIE NIGHT	22 FIRST DAY OF FALL 9:30 Knitting & Quilting 1:30 Applewood Shuttle 2:00 CELEBRATING FALL WORKSHOP #1 6:45 Bible Study Group In the Library – 3 rd Floor	23 11:00 Fun & Fitness Exercises 2:00 CELEBRATING FALL WORKSHOP #2 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	24 9:30 Applewood Shuttle 11:00 Fun & Fitness Exercises 2:00 MEN'S GROUP 7:00 Spin the tunes w Steve	25 11:00 Fun & Fitness 1:45 Spin & Win Bingo 3:00 Happy Hour With Leigh Kemp 4 – 7:30 Legion Cruise Night PLEASE wear your mask and stay 6ft apart from others!!	26 2:00 Front Lobby Vinyl Party 7:00 Sat Night at the Movies In the Theatre Room
27 10:00 Visit w Therapy Dogs 2:00 Travel Log 7:00 Applewood Movie Night	28 2:00 Tickle Your Mind Discussion Group In the Library – 3 rd Floor 3:30 MINDFUL MOVEMENT & RELAXATION CLASS	29 9:30 Knitting & Quilting 1:30 Applewood Shuttle 2:00 ADULT COLOURING CLASS & FRIENDSHIP TIME 6:45 Bible Study Group In the Library – 3 rd Floor	30 11:00 Fun & Fitness Exercises 2:00 PIANO MAN DAN ARMSTRONG 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social			Applewood Tuck Shop **Please note, the tuck shop is back at the front desk, for whenever you need it. ☺ ☺ ☺ ☺ ☺

SEPTEMBER Birthdays

In Sept we celebrate birthdays with:



SEPT 2 RUTH SEABROOKE
SEPT 7 SYLVIA GARDNER
SEPT 12 DORIS GUNN & IRMA FITZGERALD
SEPT 13 MARION ROBINSON
SEPT 19 BETTY HUDSON
SEPT 24 CATHERINE MEIKLE & DOREEN LILICO
SEPT 25 BARB MITCHELL & JOHN DUNCAN
SEPT 27 DONNA KELLY
SEPT 28 NANCY MOORE & ANNE TRICK

CHURCH SERVICES

Catholic Mass Sun 13 & 20 @ 11:00 am

NEW RESIDENTS



WE WOULD LIKE TO SEND A WARM WELCOME TO:

*IRMA FITZGERALD
*MARION AND VICTOR CLEMENTS
*MARILYN NICHOLSON
*GILBERTE (GIL) BRULE

We hope you enjoy your time with us in your new home



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

The Algonquin area enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

DID YOU KNOW?

Daily Quiz Q: What is unique about the migration of the monarch butterfly?

A: Monarchs migrate up to 3,000 miles from their summer home in the northern U.S. and southern Canada to their winter home in central Mexico. Since they hatch in the summer, monarchs make the long trip as new butterflies, never having done it before.

Daily Trivia The microwave oven was invented by mistake when an engineer testing a magnetron tube noticed that the radiation from it melted the chocolate bar he had in his pocket.

Daily Quiz Q: What unusual animal helps guard one of the largest U.S. stockpiles of nuclear weapons?

A: Dolphins. The dolphins are specially trained to help protect the naval base that stores the weapons.

Daily Trivia The reason firehouses have circular stairways is from the days when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.

