


# APPLEWOOD RETIREMENT RESIDENCE

## NOVEMBER 2020

**EVERY ACTIVITY WILL HAVE A 10 PERSON MAX LIMIT SIGN UP SHEET \*\*MASKS MUST BE WORN FOR ACTIVITIES – PLEASE SIGN UP FOR A SPECIFIC TIME**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Daylight Savings Ends</b> 10:00 Visit w Therapy Dogs <b>11:00 NO Catholic Mass</b>  <b>2:00 Quiz Corner</b> <b>In the Front Lobby</b> 7:00 Applewood Movie Night	<b>2 2:00 Tickle Your Mind Discussion Group</b> <b>In the Library – 3<sup>rd</sup> Floor</b>  <b>2:00 &amp; 3:00</b> <b>1st Virtual Tour of the Canadian Canoe Museum</b> <b>7:00 MOVIE NIGHT</b>	<b>3</b> 9:30 Knitting & Quilting 1:30 Applewood Shuttle <b>2:00 THE AMAZING QUIZ BOOK “EARTH”</b> 6:45 Bible Study Group <b>In the Library – 3<sup>rd</sup> Floor</b>	<b>4</b> 11:00 Exercises 11:30 Exercises  <b>2:00 SPELLING BEE</b> 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	<b>5 9:30 Applewood Shuttle</b>  11:00 Exercises 11:30 Exercises <b>2:00 MEN’S GROUP</b> 7:00 Spin the tunes w Steve	<b>6</b> 11:00 Exercises 11:30 Exercises  1:45 Spin & Win Bingo <b>3:00/3:45 MUSICAL Hour</b> <b>With Keith Kirkpatrick</b>	<b>7</b>  <b>2:00 SPIN THE TUNES W STEVE</b>  7:00 Sat Night at the Movies In the Theatre Room
<b>8</b>  10:00 Visit w Therapy Dogs 11:00 Catholic Mass  <b>2:00 Quiz Corner</b> <b>In the Front Lobby</b> 7:00 Applewood Movie Night	<b>9</b> 2:00 Tickle Your Mind Discussion Group <b>In the Library – 3<sup>rd</sup> Floor</b>  <b>3:30 MINDFUL MOVEMENT &amp; RELAXATION CLASS</b>  <b>7:00 MOVIE NIGHT</b>	<b>10</b> 9:30 Knitting & Quilting 1:30 Applewood Shuttle  <b>2:00-3:30 CAROL’S GIFT BASKETS</b> <b>In the Large Activity Rm</b> 6:45 Bible Study Group <b>In the Library – 3<sup>rd</sup> Floor</b>	<b>11 Remembrance Day</b>  <b>2:00/2:45</b> <b>MUSICAL TRIBUTE</b> <b>With the BLUE BIRDS</b>  7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	<b>12 9:30 Applewood Shuttle</b> 11:00 Exercises 11:30 Exercises  <b>1:30/2:30</b> <b>CRAFTS WITH GAIL</b> 7:00 Spin the tunes w Steve	<b>13</b> 11:00 Exercises 11:30 Exercises  1:45 Spin & Win Bingo <b>3:00/3:45 MUSICAL Hour</b> <b>With Randy Read</b>	<b>14</b>  <b>2:00 SPIN THE TUNES W STEVE</b>  7:00 Sat Night at the Movies In the Theatre Room
<b>15</b>  10:00 Visit w Therapy Dogs 11:00 Catholic Mass  <b>2:00 Quiz Corner</b> <b>In the Front Lobby</b> 7:00 Applewood Movie Night	<b>16</b>  <b>2:00 AND 2:45</b> <b>RESIDENT COUNCIL MEETING</b>  <b>7:00 MOVIE NIGHT</b>	<b>17</b> 9:30 Knitting & Quilting 1:30 Applewood Shuttle <b>2:00</b> <b>EXPOSE TRAVEL TO EGYPT</b> 6:45 Bible Study Group <b>In the Library – 3<sup>rd</sup> Floor</b>	<b>18</b> 11:00 Exercises 11:30 Exercises <b>2:00 Musical Afternoon</b> <b>With Sean Hully</b> <b>Classical Guitar &amp; Sax</b> 7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	<b>19 9:30 Applewood Shuttle</b> 11:00 Exercises 11:30 Exercises  <b>2:00 MEN’S GROUP</b> 7:00 Spin the tunes w Steve	<b>20</b> 11:00 Exercises 11:30 Exercises  1:45 Spin & Win Bingo <b>3:00/3:45 MUSICAL Hour</b> <b>with Don Van Halteren</b>	<b>21</b>  <b>2:00 SPIN THE TUNES W STEVE</b>  7:00 Sat Night at the Movies In the Theatre Room
<b>22</b> 10:00 Visit w Therapy Dogs  <b>2:00/2:45 Afternoon Music</b> <b>W Eileen H.</b> <b>In the Theatre Room</b>  7:00 Applewood Movie Night	<b>23</b> <b>2:00 &amp; 3:00</b> <b>2nd Virtual Tour of the Canadian Canoe Museum</b>  <b>3:30 MINDFUL MOVEMENT &amp; RELAXATION CLASS</b> <b>7:00 MOVIE NIGHT</b>	<b>24</b> 9:30 Knitting & Quilting 1:30 Applewood Shuttle  <b>2:00 Start to Decorate for Christmas</b> 6:45 Bible Study Group <b>In the Library – 3<sup>rd</sup> Floor</b>	<b>25</b> 11:00 Exercises 11:30 Exercises <b>2:00/2:45</b> <b>DAN THE PIANO MAN</b>  7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social	<b>26 9:30 Applewood Shuttle</b> 11:00 Exercises 11:30 Exercises  <b>2:00/2:30</b> <b>Seminar by Rexall</b> 7:00 Spin the tunes w Steve	<b>24</b> 11:00 Exercises 11:30 Exercises  1:45 Spin & Win Bingo <b>3:00/3:45 MUSICAL Hour</b> <b>With Leigh Kemp</b>	<b>28</b>  <b>2:00 SPIN THE TUNES W STEVE</b>  7:00 Sat Night at the Movies In the Theatre Room
<b>29</b> 10:00 Visit w Therapy Dogs  <b>11:00 Catholic Mass</b>  <b>2:00 Travel Log</b>  7:00 Applewood Movie Night	<b>30</b>  2:00 Tickle Your Mind Discussion Group <b>In the Library – 3<sup>rd</sup> Floor</b>  <b>7:00 MOVIE NIGHT</b>		 <b>Lest We Forget.</b>	<b>PLEASE REMEMBER TO SIGN-UP FOR AN ACTIVITY</b>	<b>AND ALWAYS BRING YOUR MASK W YOU</b> <b>THANK YOU</b> 🙏	

## NOVEMBER Birthdays

In Nov we celebrate birthdays with:

**Nov 4 Ruth H & Ila K**

**Nov 10 Lenore M**

**Nov 12 Trudy V**

**Nov 15 Don S**

**Nov 24 Frances K**

**Nov 16 Barb M**

**Nov 26 Joanne S**

**Nov 19 Viola C**

**Nov 29 Bev H & Len S**

**Nov 20 Steve S**

**Nov 30 Grace G**



## CHURCH SERVICES

Catholic Mass Sun 8,15, & 29 @ 11:00

### **A Prayer for Peace** by David Roberts

There will be peace:

When attitudes change;

When self-interest is seen as part of common interest;

When old wrongs, old scores, old mistakes are deleted from the account;

When the aim becomes co-operation and mutual benefit rather than revenge or seizing maximum personal or group gain;

There will be peace when justice and equality before the law becomes the basis of government;

When basic freedoms exist;

When political, religious, and educational leaders, and the police and media

wholeheartedly embrace the concepts of justice, equality, freedom, tolerance, and reconciliation as a basis for renewal;

When parents teach their children new ways to think about people.

There will be peace: When enemies become fellow human beings

**The month of November** gets its name from the Latin novem, meaning “nine,” as it was the ninth month in the original Roman calendar. It became the eleventh month when the Roman senate adopted January and February. Because July was named after Julius Caesar and August got its name from Emperor Augustus, it was suggested that the eleventh month be named Tiberius after Roman Emperor Tiberius Claudius Nero. However, Julius Caesar rejected this idea, saying, “What will you do if you have thirteen emperors?”

### **Birthstone – Yellow Topaz**

Topaz, the birthstone for November, likely gets its name from the Red Sea’s Island of Topazios (now called Zabargad). Pure topaz is a colorless or “white” stone. It’s often tinged with other minerals to create shades of pink, orange, and blue, but it is most commonly found in hues of yellow and gold. The ancient Greeks associated topaz with strength. In the Middle Ages, it was thought to convey invisibility. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.

### **Flower – Chrysanthemum**

These beautiful blooms, more commonly called tansies or mums, generally signify optimism and cheerfulness, but they can have different meanings depending on their color. For example, red signifies love, white represents truth, and yellow is the color for unrequited love. In Asian countries, chrysanthemums have been brewed into teas and made into wines to cure fevers and increase longevity for centuries. In North American tradition, mums are a friendship flower and a lovely gift for expressing your appreciation for your best pals.

### **Did You Know?**

\*The housefly “hums” in the key of F major.

\*Fantastic Trivia Fan is an abbreviation for the word fanatic. Toward the turn of the 19th century, the media referred to football enthusiasts as “football fanatics” and later abbreviated it to “football fans.”

\*Sea otters hold hands when they sleep so they don’t drift apart.

\*Pepsi-Cola (from the Greek pepsis or “digestion”) was named to sound healthier than its predecessor, Coca-Cola.

\*Duncan Hines was a real person— he was a popular restaurant critic. He first sold the right to use his name to a bakery in 1952.

