

APPLEWOOD RETIREMENT RESIDENCE

JANUARY 2021

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
 <p>HAPPY NEW YEAR</p>		<p>PLEASE REMEMBER TO SIGN-UP FOR AN ACTIVITY</p>	<p>AND ALWAYS BRING YOUR MASK with YOU THANK YOU 🤝</p>		<p>1</p> <p><u>HAPPY NEW YEAR</u></p> <p>2:00 Arm Chair Travel In the Theatre Room</p>	<p>2</p> <p><u>2:00 SPIN THE TUNES W STEVE</u></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>3</p> <p><u>2:00 Quiz Corner</u> In the Front Lobby</p> <p>7:00 Applewood Movie Night</p>	<p>4</p> <p><u>10:30 Bible Study In the Library 3rd Floor</u></p> <p><u>2:00 The New Card Bingo Game</u></p>	<p>5</p> <p>9:30 Knitting & Quilting</p> <p><u>2:00 Putting Away Decorations</u></p>	<p>6</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 JANUARY IQ Game</u></p> <p>7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social</p>	<p>7</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 MEN'S GROUP *SHARING IDEAS FOR 2021 In the Large Rm</u></p>	<p>8</p> <p>11:00 Exercises 11:30 Exercises</p> <p>1:45 Spin & Win Bingo <u>3:00/3:45 Entertainment on the Screen</u> In the Theatre Room Please Sign Up</p>	<p>9</p> <p><u>2:00 SPIN THE TUNES W STEVE</u></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>10</p> <p><u>2:00 Quiz Corner</u> In the Front Lobby</p> <p>7:00 Applewood Movie Night</p>	<p>11</p> <p><u>10:30 Bible Study Library - 3rd Floor</u></p> <p><u>2:00 & 2:45 Resident Council Meeting/Elections</u></p>	<p>12</p> <p>9:30 Knitting & Quilting</p> <p><u>2:00/2:45 This Day in History Discussion Group</u></p>	<p>13</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 DISCUSS & RECALL PROGRAM</u></p> <p>7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social</p>	<p>14</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00/2:45 CRAFT GROUP “SNOWFLAKES”</u></p>	<p>15</p> <p>11:00 Exercises 11:30 Exercises</p> <p>1:45 Spin & Win Bingo</p> <p><u>3:00/3:45 Entertainment on the Screen</u> In the Theatre Room Please sign-up</p>	<p>16</p> <p><u>2:00 SPIN THE TUNES W STEVE</u></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>17</p> <p><u>2:00 Quiz Corner</u> In the Front Lobby</p> <p>7:00 Applewood Movie Night</p>	<p>18</p> <p><u>10:30 Bible Study Library - 3rd Floor</u></p> <p><u>2:00 The New Card Bingo Game</u></p>	<p>19</p> <p>9:30 Knitting & Quilting</p> <p><u>2:00/3:00 EXPOSE TRAVEL To “AUSTRALIA”</u></p>	<p>20</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 SPELLING BEE</u></p> <p>7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social</p>	<p>21</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 WORDS in A WORD GAME</u></p>	<p>22</p> <p>11:00 Exercises 11:30 Exercises</p> <p>1:45 Spin & Win Bingo</p> <p><u>3:00/3:45 Entertainment on the Screen</u> In the Theatre Room Please sign-up</p>	<p>23</p> <p><u>2:00 SPIN THE TUNES W STEVE</u></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>24</p> <p><u>2:00 Travel Log</u></p> <p>7:00 Applewood Movie Night</p> <p>.....</p> <p>31</p> <p><u>2:00 Quiz Corner</u></p>	<p>25</p> <p><u>10:30 Bible Study in the Library 3rd Floor</u></p> <p><u>2:00 The New Card Bingo Game</u></p>	<p>26</p> <p>9:30 Knitting & Quilting</p> <p><u>2:00 PEN to PAPER ADULT COLOURING</u></p>	<p>27</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00/2:45 Healthy Choices For 2021 In the Theatre Rm</u></p> <p>7:00 Join our new “HOB NOB CLUB” in the front lobby for an evening social</p>	<p>28</p> <p>11:00 Exercises 11:30 Exercises</p> <p><u>2:00 MEN'S GROUP In the Theatre Room</u></p>	<p>29</p> <p>10:00 Exercises 11:15 Exercises</p> <p>1:45 Spin & Win Bingo <u>3:00/3:45 Entertainment on the Screen</u> In the Theatre Room Please sign-up</p>	<p>30</p> <p><u>2:00 SPIN THE TUNES W STEVE</u></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>

JANUARY Birthdays

In Jan we celebrate birthdays with:

Jan 1 Betty H
Jan 16 Jane Ann L
Jan 20 Lee D
Jan 27 Joyce S



An APPLWOOD PROJECT

Hello to all knitters and crocheters, we are looking for donations of warm scarves for our "APPLEWOOD ANGELS FOR WARMTH" This project will be in the works from Dec thru to the end of Feb for the "Clothing Closet" If you can be part of this Applewood Community project, please see Laurie Riley in Activities.

Thank you



WELCOME TO OUR APPLEWOOD FAMILY THE FOLLOWING FOLKS:

Margaret B and Jane H
Wellington(Wimpy) B

TO ALL RESIDENTS AND FAMILY

WELL, WHAT CAN WE SAY ABOUT THE LAST YEAR?
WE CONTINUE TO APPRECIATE ALL OF YOU AND YOUR FAMILY,
FOR HAVING THE FAITH IN THE STAFF OF APPLEWOOD.
YOU SHOWED US, YOU TOLD US AND WE FELT IT.



"JANUARY, the first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes." ~ Charmaine J. Ford

Jan 1

Today is New Year's Day. You might follow the tradition of making a New Year's resolution or, as they do in South Africa, you could throw furniture or old stuff out of the window as a symbol of new beginnings.

Jan 2

Today is Run It up the Flagpole and See if Anyone Salutes Day. While you may desire to run an actual flag up the flagpole, this phrase is an expression meaning "to present a new idea." It's a new year, so why not?

Jan 3

Today is Fruitcake Toss Day. People may knock these leaden confections as a Christmas cliché, but fruitcakes have been an indulgence of the upper class, served at weddings and holidays, as far back as the Middle Ages.

Jan 6

Today is Cuddle Up Day. Physical touch with a loved one or even a pet is a form of communication of trust, commitment, safety, and reassurance. Cuddling even releases chemicals that make it easier to sleep!

Jan 9

Today is Take the Stairs Day. Everyday activities such as climbing stairs are easy routines that improve health. Stair climbing doesn't require any special skills, training, or equipment—just the will to pass on the elevator.

Jan 15

Today is Hat Day. Our love of hats dates back many millennia. An image in an Egyptian tomb from 3000 BC depicts a man wearing a cone-like straw hat. A 5,300 year-old Iceman was found wearing a bearskin hat.

Jan 22

Today is Polka Dot Day. When the polka dance swept through Europe in the 19th century, the word polka was used to describe everything from coats to hats. In 1857, a spotted fabric pattern was first called "polka dots."

Jan 27

Today is Chocolate Cake Day. Not only has chocolate consumption been linked to improved cognitive function, memory, and abstract reasoning, eating chocolate every morning has been shown to improve weight loss!

