



# APPLEWOOD RETIREMENT RESIDENCE

## OCTOBER 2021

\*\*MOST ACTIVITIES WILL HAVE A SIGN-UP SHEET FOR UP TO 25 !!

\*\*MASKS MUST BE WORN FOR ACTIVITIES & PLEASE SIGN UP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b><u>Applewood Tuck Shop</u></b> **Please note, the tuck shop is back at the front desk, for whenever you need it.</p> <p style="text-align: center;">😊😊😊😊</p>			<p style="color: red; font-weight: bold;">PLEASE NOTE WE NOW HAVE A CODE TO INDICATE WHERE EACH PROGRAM WILL BE:</p> <p>(TR) – Theatre Room (LR) – Large Activity Room (FR) – Friendship Room</p>	<p><b>1 <u>10:00 Coffee Club Friendship Rm</u></b></p> <p><u>Exercises 11:00 &amp; 11:30 (TR)</u> 1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon with Laurence Marks (TR)</b></p>	<p><b>2 <u>10:00 Coffee Club Friendship Rm</u></b></p> <p style="color: red; font-weight: bold;"><b>2:00 MUSICAL SATURDAY with Piano Man – Dan (TR)</b></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p><b>3</b> 10:00 <b>THERAPY DOGS</b> In the Large Room</p> <p>11:00 <b>Catholic Mass (TR)</b></p> <p>2:00 <b>Sunday Concert</b> With Eileen H. (TR)</p>	<p><b>4</b></p> <p>10:15 <b>Bible Study</b> In the 3<sup>rd</sup> Floor Library</p> <p>2:00 <b>Card Bingo Game (LR)</b></p> <p>6:45 <b>Evening Card Group</b></p>	<p><b>5</b> 9:30 <b>Knitting &amp; Quilting (LR)</b> <u>10:00 Coffee Club Friendship Rm</u> 1:00-4:00 Shuttle For Medical Appts, ONLY</p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 RESIDENT COUNCIL MEETING In the Theatre Room</p>	<p><b>6</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p>2:00 <b>OCTOBERFEST</b> With Don Van Holteran In the Theatre Room</p>	<p><b>7</b> 9:00 - Noon SHUTTLE "Its Bank Day" <b>10:00 Coffee Club Friendship Rm</b> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 OPEN HOUSE (TR) FOR EXERCISES Join us and see how Great we make it</p>	<p><b>8</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u> 1:45 Spin &amp; Win Bingo (LR)</p> <p><b>3:00 Musical Afternoon</b> With Darrin Bailey In the Theatre Room</p>	<p><b>9</b> <u>10:00 Coffee Club Friendship Rm</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 SAT CARD GROUP In the Friendship Rm</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p><b>10 Thanksgiving</b> 10:00 <b>THERAPY DOGS</b> In the Large Room</p> <p>11:00 <b>Catholic Mass (TR)</b></p> <p>2:00 Discover new movies &amp; favorite tv shows In the Theatre Room</p>	<p><b>11</b></p> <p>10:15 <b>Bible Study</b> In the 3<sup>rd</sup> Floor Library</p> <p>2:00 <b>Afternoon Card Group (FR)</b></p> <p style="background-color: yellow; color: red; font-weight: bold;">3:30 MINDFUL MOVEMENT &amp; RELAXATION CLASS (TR)</p>	<p><b>12</b> 9:30 <b>Knitting &amp; Quilting (LR)</b> <u>10:00 Coffee Club Friendship Rm</u> 1:00-4:00 Shuttle For Medical Appts, ONLY</p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 ADULT COLOURING CLASS "Famous Artists" (LR)</p>	<p><b>13</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u> 11:30 – 3:00 <b>ROLANDA's Jewelry SALE</b> In the Friendship Room</p>	<p><b>14</b> 9:00 - Noon SHUTTLE to Wal-mart <b>10:00 Coffee Club Friendship Rm</b> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Craft Afternoon (LR)</p>	<p><b>15</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u> 1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> With Randy Read In the Theatre Room</p>	<p><b>16</b> <u>10:00 Coffee Club Friendship Rm</u> 2:00 <b>Brain Games w Marilyn</b> In the Large Room</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p><b>17</b> 10:00 <b>THERAPY DOGS</b> In the Large Room <b>NO Catholic Mass</b></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Afternoon Music James Skarnikat (TR)</p>	<p><b>18</b> 10:15 <b>Bible Study</b> In the 3<sup>rd</sup> Floor Library</p> <p>2:00 <b>Card Bingo Game (LR)</b></p> <p>6:45 <b>Evening Card Group</b></p>	<p><b>19</b> 9:30 <b>Knitting &amp; Quilting</b> <u>10:00 Coffee Club Friendship Rm</u> 1:00-4:00 Shuttle For Medical Appts, ONLY</p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Craft Afternoon (LR)</p>	<p><b>20</b> <u>10:00 Coffee Club Friendship Rm</u> <b>NO Exercises today</b></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 "GOOD NEWS" SEGMENT (TR)</p>	<p><b>21</b> 9:00 - Noon SHUTTLE to Giant Tiger <b>10:00 Coffee Club Friendship Rm</b> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 MEN'S GROUP (TR)</p>	<p><b>22</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u> 1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> with Keith Kirkpatrick In the Theatre Room</p>	<p><b>23</b> <u>10:00 Coffee Club Friendship Rm</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Musical Afternoon with ROCKHILL EXPRESS (TR)</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p><b>24</b> 10:00 <b>THERAPY DOGS</b> 2:00 Quiz Corner 6:45 <b>Ferndale Church Group Singing &amp; Scriptures</b> .....(TR).....</p> <p><b>31 Happy Hallowe'en</b> 10:00 <b>THERAPY DOGS (LR)</b> 11:00 <b>Catholic Mass (TR)</b> 2:00 <b>Movie Afternoon (TR)</b></p>	<p><b>25</b> 10:15 <b>Bible Study</b> In the 3<sup>rd</sup> Floor Library</p> <p>10:30 "CHAT TIME" With Angie In the Friendship Rm (FR)</p> <p>2:00 <b>Card Bingo Game (LR)</b></p> <p style="background-color: yellow; color: red; font-weight: bold;">3:30 MINDFUL MOVEMENT &amp; RELAXATION CLASS (TR)</p>	<p><b>26</b> 9:30 <b>Knitting &amp; Quilting</b> <u>10:00 Coffee Club Friendship Rm</u> 1:00-4:00 Shuttle For Medical Appts, ONLY</p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Adult Colouring Class (LR)</p>	<p><b>27</b> <u>10:00 Coffee Club Friendship Rm</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Expose Travel to "SOUTH AFRICA" In the Theatre Room</p>	<p><b>28</b> 9:00 - Noon SHUTTLE to Shopper's <b>10:00 Coffee Club Friendship Rm</b> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Let's Try Table Shuffleboard In the Large Room</p>	<p><b>29</b> <u>10:00 Coffee Club Friendship</u> <u>Exercises 11:00 &amp; 11:30 (TR)</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Halloween Party with Wash Board Hank In the Theatre Room</p>	<p><b>30</b> <u>10:00 Coffee Club Friendship Rm</u></p> <p style="background-color: yellow; color: red; font-weight: bold;">2:00 Pumpkin Cutting AND Decorating (LR)</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>

## CELEBRATING OCT Birthdays

Oct 11 John Preston  
Oct 17 Karin Finnigan  
Oct 19 Ellie Blair  
Oct 23 Shirley Finkle  
Oct 25 Marg Tully  
Oct 27 Bob Elliot  
Oct 28 Dick De Costa  
Oct 31 Norm Kipling



## WELCOME OUR NEW FRIENDS !!!

**Norma McEwen, Elizabeth Patterson, Laura McNeil and Isa Brogan**

Meet **"TEAM APPLEWOOD"** members & this month it's:



Stacey

### FUN FACTS

WHERE I WAS BORN: **Toronto**  
MY FAVORITE COLOUR: **Purple**  
MY FAVORITE FOOD: **Anything that's bad for me**  
MY FAVORITE MUSIC: **Classic country and music from the 70's & 80's**



**Don't Be Scared** Each October, scarecrows begin to appear in and around the village of Pietrebais in Belgium. In some years, hundreds of scarecrows appear. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since. In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or stood watch on wooden platforms. But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since. But in Belgium, there is no need to fear. The scarecrows are often dressed like happy or silly villagers welcoming visitors to Pietrebais.

## Alien Visitor



On October 19, 2017, astronomer Robert Weryk was using a telescope at Hawaii's Haleakala Observatory when he noticed something strange, an object perhaps 3,000 feet long and 500 feet wide traveling away from the sun out of our solar system. The object was called *Oumuamua*, a Hawaiian term meaning "scout."

Astronomers first called it a comet and then an asteroid but soon realized that it was neither. Oumuamua became the first known interstellar object to visit our solar system, an object not bound to any orbit or any particular star. After its discovery, some theorized that it was a nitrogen iceberg or a broken shard of a distant planet. Others went so far as to speculate that it was an alien listening device! But, as Carl Sagan said, "Extraordinary claims require extraordinary evidence," which we do not yet have.

## Mission ImPASTAble

In 1995, pasta producers from all over the world convened in Rome for the first World Pasta Congress. It was decided that October 25 would be designated World Pasta Day, a day to celebrate the versatility and sheer deliciousness of this global food.

In 2005, archaeologists unearthed 4,000-year-old noodles from a site in China, confirming the belief that the Chinese likely invented the first pastas made of grain and water. These noodles were not like the dried, flour-based pastas we find at grocery stores today, but were made of millet, a grain more like rice than wheat. Does this discovery prove that the Italian merchant Marco Polo brought pasta from China to Italy in 1295? Not quite. While it is very likely that Marco Polo brought Chinese noodles and all kinds of Chinese artifacts back to Italy, pasta was already a common staple in and around the Mediterranean long before Marco Polo's travels east.

Historians think it is far more likely that Italy's famous pastas originated in the Middle East. Written records show that by the fifth century, Arabs were eating *itriyah*, a dough made of flour and water that could be rolled thin, cut into strips, dried, and reconstituted with water. Arab traders traveling the famed Silk Road could easily pack and store this nutritious staple. As the Arabs expanded westward into the Mediterranean, going so far as to conquer Sicily and southern Italy around the year 900, they likely introduced their version of pasta to the region.

In Italy, pasta became both a mass-produced food staple and an art form. Southern Italy's dry, sunny climate was conducive to the growing of hard durum wheat and allowed for the proper drying of long strands of pasta. Tomatoes, another southern Italian staple, would provide the base for many delectable pasta sauces. Innovative pasta makers would devise over 350 unique pasta shapes, each designed to hold and enhance its own sauce. Over centuries of culinary perfectionism, pasta would become a beloved food consumed on every continent of the globe, worthy of its own holiday.

