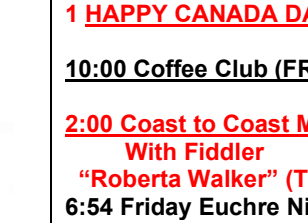




# APPLEWOOD RETIREMENT RESIDENCE

## JULY 2022

**\*\*MOST ACTIVITIES WILL HAVE A SIGN-UP SHEET**  
**\*\*MASKS MUST BE WORN FOR ACTIVITIES & PLEASE SIGN UP**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>3 <b>10:00 THERAPY DOGS</b> In the Large Room <b>11:00 Catholic Mass</b></p> <p>2:00 Salvation Army Church Service</p> <p>3:30 Music Afternoon With Eileen H.</p> <p>6:45 <b>SUNDAY CARDS</b></p>	<p>4 <b>10:15 Bible Study</b> In the Theatre Room <b>2:00 CARD BINGO (LR)</b></p>  <p>6:45 Evening Card Group In the Friendship Rm</p>	<p>5 <b>9:30 Knitting &amp; Quilting (LR)</b> <b>10:00 Coffee Club</b> Friendship Rm</p> <p>1:00-4:00 Shuttle For Medical Appts, ONLY</p> <p><b>2:00 CLASSICAL MUSIC</b> With Douglas &amp; Jim</p> <p><b>3:15 AFTERNOON Cards</b></p>	<p>6 <b>10:00 Coffee Club</b> <b>Exercises 11:00 &amp; 11:30 (TR)</b></p> <p><b>2:00 Author Diane Shore</b> Talking about her <b>1950's Suspense Novel</b> and the process of <b>writing a book</b> <b>3:15 CARD GROUP</b></p>	<p>7 9:00 – Noon- SHUTTLE It's Bank Day <b>10:00 Coffee Club</b> Friendship Rm <b>Exercises 11:00 &amp; 11:30 (TR)</b></p> <p><b>2:00 WALKER MAINTENCE CLINIC</b> In the <b>LARGE ROOM</b></p> <p><b>3:00 AFTERNOON CARDS</b></p>	<p>1 <b>HAPPY CANADA DAY</b> <b>10:00 Coffee Club (FR)</b></p> <p><b>2:00 Coast to Coast Music</b> With Fiddler "Roberta Walker" (TR) <b>6:54 Friday Euchre Night</b></p> <p>8 <b>10:00 Coffee Club (FR)</b> <b>11:00 Meet and Greet</b> With Olena's Family</p> <p>1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> with Leigh In the Theatre Room <b>6:45 Friday Euchre Night</b></p>	<p>2 <b>10:00 Coffee Club</b> Friendship Rm</p> <p><b>2:00 TRAVEL LOG (TR)</b> "CANADA a Magnificent Journey"</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p> <p>9 <b>10:00 Coffee Club</b> Friendship Rm <b>11:00 CHAIR YOGA</b> With Emma (TR)</p> <p><b>2:00 WEEKEND CARDS</b></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>10 <b>10:00 THERAPY DOGS</b> <b>11:00 Catholic Mass</b></p> <p><b>2:00 DAN THE PIANO MAN</b></p> <p><b>6:45 Ferndale Church</b> Evening Service</p>	<p>11 <b>10:15 Bible Study</b> In the Theatre Room</p> <p>2:00 Card Bingo Game (LR)</p> <p>6:45 Evening Card Group In the Friendship Rm</p>	<p>12 <b>9:30 Knitting &amp; Quilting</b> 1:00-4:00 Shuttle For Medical Appts, ONLY <b>2:00 RESIDENT COUNCIL</b> MEETING FOR ALL RESIDENTS <b>3:15 Afternoon Cards</b> 6:45 Adult Colouring</p>	<p>13 <b>10:00 Coffee Time</b> With Paul <b>Exercises 11:00 &amp; 11:30</b></p> <p><b>2:00 OUTDOOR CONCERT</b> With Mike McConnell</p> <p><b>3:15 CARD GROUP</b></p>	<p>14 9:00 - Noon -SHUTTLE to Dollar Store <b>10:00 Coffee Club</b> Friendship Rm <b>Exercises 11:00 &amp; 11:30 (TR)</b> <b>2:00 MEN'S GROUP</b> "Man on the Moon"</p>	<p>15 <b>10:00 Coffee Club (FR)</b></p> <p>1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> with Laurence Marks In the Theatre Room <b>6:45 Friday Euchre Night</b></p>	<p>16 <b>10:00 Coffee Club</b> Friendship Rm</p> <p><b>2:00 ROCKHILL EXPRESS</b> Music Show</p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>
<p>17 <b>10:00 THERAPY DOGS</b> In the Large Room <b>11:00 Catholic Mass</b></p> <p><b>2:00 Church Service</b> With Donald Jones (TR)</p> <p>6:45 SUNDAY CARDS</p>	<p>18 <b>10:15 Bible Study</b> In the Theatre Room</p> <p><b>2:00 Music Afternoon</b> "The Clarintella"</p> <p>6:45 Evening Card Group In the Friendship Rm</p>	<p>19 <b>9:30 Knitting &amp; Quilting</b> <b>10:00 Coffee Club (FR)</b> 1:00-4:00 Shuttle For Medical Appts, ONLY <b>2:00 St LUKES CHURCH</b> SERVICE <b>3:15 Afternoon Cards</b></p>	<p>20 <b>10:00 Coffee Club</b> <b>Exercises 11:00 &amp; 11:30</b></p> <p><b>2:00 It's Time for</b> "GOOD NEWS"</p> <p><b>3:15 CARD GROUP</b></p>	<p>21 9:00 - Noon -SHUTTLE to Giant Tiger <b>10:00 Coffee Club</b> Friendship Rm <b>Exercises 11:00 &amp; 11:30 (TR)</b> <b>2:00 Discussion Group</b> Anniversary of the "Ice Cream Cone"</p>	<p>22 <b>10:00 Coffee Club</b> <b>Exercises 11:00 &amp; 11:30</b></p> <p>1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> With Bill Dickinson <b>6:45 Friday Euchre Night</b></p>	<p>23 <b>11:00 CHAIR YOGA</b> With Emma (TR) <b>2:00 Satin Hands</b> Treatment by Olena With Mary Kay Products</p> <p>7:00 Sat Night Cards</p>
<p>24 <b>10:00 THERAPY DOGS</b> In the Large Room <b>2:00 Movie Afternoon</b> <b>6:45 Ferndale Church</b> Evening Service</p> <p>.....</p> <p>31 <b>10:00 Therapy Dogs</b> <b>11:00 Catholic Mass</b> <b>2:00 Travel Log</b></p>	<p>25 <b>10:15 Bible Study</b> In the Theatre Room 2:00 Card Bingo Game (LR)</p>  <p>6:45 Evening Card Group In the Friendship Rm</p>	<p>26 <b>9:30 Knitting &amp; Quilting (LR)</b> <b>10:00 Coffee Club (FR)</b> 1:00-4:00 Shuttle For Medical Appts, ONLY <b>2:00 OUTDOOR Concert</b> "NIGHTSHIFT"</p>	<p>27 <b>10:00 Coffee Club</b> <b>Exercises 11:00 &amp; 11:30</b></p> <p><b>2:00 EXPOSE TRAVEL TO</b> "Indonesia"</p> <p><b>3:15 CARD GROUP</b></p>	<p>28 9:00 - Noon -SHUTTLE to Shopper's <b>10:00 Coffee Club</b> Friendship Rm <b>Exercises 11:00 &amp; 11:30 (TR)</b> <b>2:00 LEARN HOW TO PLAY</b> <b>BID-EUCHRE</b></p>	<p>29 <b>10:00 Coffee Club</b> <b>Exercises 11:00 &amp; 11:30</b></p> <p>1:45 Spin &amp; Win Bingo (LR) <b>3:00 Musical Afternoon</b> With Keith Kirkpatrick <b>6:45 Friday Euchre Night</b></p>	<p>30 <b>10:00 Coffee Club</b> Friendship Rm</p> <p><b>2:00 WEEKEND BINGO</b></p> <p>7:00 Sat Night at the Movies In the Theatre Room</p>

## CELEBRATE JULY Birthdays

JULY 4 DOREENA HOLDEN  
JULY 8 NORMA HESS  
JULY 8 HELEN HOMEWOOD-MARKWICK  
JULY 12 MARION WOOLSEY  
JULY 13 RUTH ELLISON  
JULY 20 ANNIE LAINE & BOB BURROWS  
JULY 25 LEILA DUNN



## WELCOME OUR NEW RESIDENTS:

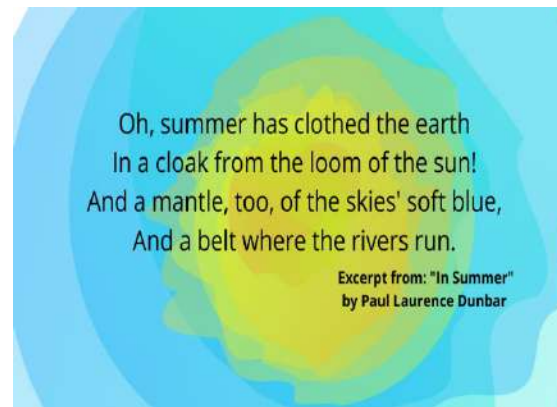
Betty Rusaw  
Bob Riddle  
Archie and Miriam Wallace



### Quote of the Day

“Everyone needs to be valued.  
Everyone has the potential to give something back.”  
Words by Princess Diana - Born July 1<sup>st</sup>

July 1st Canada Day, commemorating the passing of the Constitution Act on this day in 1867. The Act united the four colonies of Upper Canada, Lower Canada, Nova Scotia, and New Brunswick into a unified dominion.



## Walk the Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk on Take Your Houseplant for a Walk Day on July 27? While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

This day isn't just a day to take your houseplant for a walk but to shower your houseplants with attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.