



APPLEWOOD RETIREMENT RESIDENCE

JANUARY 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year Day 10:00 THERAPY DOGS In the Large Room 11:00 Catholic Mass 2:00 Salvation Army Church Service 6:45 SUNDAY CARDS	2 10:00 Coffee Club 2:00 SPIN & WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm	3 9:30 Knitting & Quilting (LR) 10:00 Coffee Club <u>Friendship Rm</u> 1:00-4:00 Shuttle For Medical Appts, ONLY 2:00 Taking Down Decorations	4 10:00 Coffee Club <u>Exercises 11:00 & 11:30</u> 2:00 GOOD NEWS FROM AROUND THE WORLD 3:15 CARD GROUP	5 12 9:00 – Noon- SHUTTLE It's Bank Day 10:00 Coffee Club Friendship Rm <u>Exercises 11:00 & 11:30 (TR)</u> 2:00 MEN'S GROUP 3:00 AFTERNOON CARDS	6 10:00 Coffee Club (FR) <u>Gentle Exercises 11:00 &</u> <u>11:30</u> 1:45 CARD BINGO (LR) 3:00 Musical Afternoon with Conner In the Theatre Room 6:54 Friday Euchre Night	7 10:00 Coffee Club <u>Friendship Rm</u> 2:00 TRAVEL LOG (TR) 7:00 Sat Night at the Movies In the Theatre Room
8 10:00 THERAPY DOGS In the Large Room <u>11:00 Catholic Mass</u> 2:30 Dan the Piano Man 6:45 SUNDAY CARDS	9 10:00 Coffee Club 2:00 SPIN & WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm	10 9:30 Knitting & Quilting 10:00 Coffee Club 1:00-4:00 Shuttle For Medical Appts, ONLY 2:00 SPELLING BEE 3:15 AFTERNOON Cards 6:30 VISIT OUR NEW THERAPY DOGGY	11 10:00 Coffee Club <u>Exercises 11:00 & 11:30</u> (TR) 2:00 Classical Concert <u>Mozart, also Harp music</u> 3:15 CARD GROUP	12 9:00 – SHUTTLE -Walmart 10:00 Coffee Club Friendship Rm <u>Exercises 11:00 & 11:30 (TR)</u> 2:00 CRAFT GROUP 3:00 AFTERNOON CARDS	13 10:00 Coffee Club (FR) <u>Gentle Exercises 11:00 &</u> <u>11:30</u> 1:45 CARD BINGO (LR) 3:00 Musical Afternoon with Randy Read In the Theatre Room 6:45 Friday Euchre Night	14 10:00 Coffee Club <u>Friendship Rm</u> 11:00 CHAIR YOGA (TR) 2:00 WHO, WHAT, WHERE & WHEN 7:00 Sat Night at the Movies In the Theatre Room
15 10:00 THERAPY DOGS <u>11:00 Catholic Mass</u> <u>2:00 CHURCH SERVICE</u> <u>With DONALD JONES</u> 6:45 Ferndale Church Evening Service	16 10:00 Coffee Club 2:00 SPIN & WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm	17 9:30 Knitting & Quilting 1:00-4:00 Shuttle For Medical Appts, ONLY 2:00 St LUKES CHURCH SERVICE 3:15 Afternoon Cards 6:30 Therapy Dog Visit	18 10:00 Coffee Club 2:00 TRAVEL LOG 3:15 CARD GROUP	19 9:00 - Noon -SHUTTLE to Dollar Store 10:00 Coffee Club Friendship Rm <u>Exercises 11:00 & 11:30 (TR)</u> 2:00 MEN'S GROUP	20 10:00 Coffee Club (FR) <u>Gentle Exercises 11:00 &</u> <u>11:30</u> 1:45 CARD BINGO (LR) 3:00 Musical Afternoon with Leigh Kemp In the Theatre Room 6:45 Friday Euchre Night	21 10:00 Coffee Club <u>Friendship Rm</u> 2:00 ROCKHILL EXPRESS Music Show 7:00 Sat Night at the Movies In the Theatre Room
22 10:00 THERAPY DOGS In the Large Room <u>11:00 Catholic Mass</u> 2:00 SUNDAY MUSIC <u>With Eileen H.</u> 6:45 SUNDAY CARDS	23 10:00 Coffee Club 2:00 SPIN & WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm	24 9:30 Knitting & Quilting 10:00 Coffee Club (FR) 1:00-4:00 Shuttle <u>2:00 EXPOSE TRAVEL</u> <u>TO SCOTLAND</u> 3:15 Afternoon Cards 6:30 Therapy Dog Visit	25 10:00 Coffee Club <u>Exercises 11:00 & 11:30</u> <u>2:00 Afternoon Music</u> <u>With Connor</u> This is his last time here 3:15 CARD GROUP	26 9:00 - Noon -SHUTTLE to Shopper's 10:00 Coffee Club Friendship Rm <u>Exercises 11:00 & 11:30 (TR)</u> 2:00 THURSDAY AFTERNOON CARDS	27 10:00 Coffee Club <u>Exercises 11:00 & 11:30</u> 1:45 CARD BINGO (LR) 3:00 Musical Afternoon With Keith Kirkpatrick 6:45 Friday Euchre Night	28 10:00 Coffee Club 11:00 CHAIR YOGA (TR) 2:00 WEEKEND BINGO 7:00 Sat Night at the Movies In the Theatre Room
29 10:00 THERAPY DOGS In the Large Room 2:00 Movie Afternoon 6:45 Ferndale Church Evening Service	30 10:00 Coffee Club 2:00 SPIN & WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm	31 9:30 Knitting & Quilting (LR) 10:00 Coffee Club (FR) 1:00-4:00 Shuttle For Medical Appts, ONLY 2:00 TBA 3:15 Afternoon Cards 6:30 Therapy Dog Visit				

CELEBRATE JANUARY Birthdays

JAN 1 BETTY H.
JAN 6 JOYCE V.
JAN 7 JIM L.
JAN 16 JANE L.
JAN 24 BETTY B.
JAN 25 SEAN B.
JAN 27 JOYCE S.
JAN 30 MIRIAM W.



WELCOME OUR NEW RESIDENTS/FRIENDS:

RUTH W.
BETTY and BOB S.

THE NEW YEAR:

With a new beginning and fresh start,
Full of inspiration and positive thoughts,
Let's begin this year with an optimistic thought.

Gone are the days of regret and guilt,
Those rooms full of darkness.
It's time to move with courage,
Full of confidence and hope.
Let's begin this year with an optimistic thought.

***** WE WILL BE HAVING AN ADDITION TO OUR
DOG THERAPY VISITS. "GENRTY" WILL BE VISITING
ON TUES NIGHTS WITH HIS HANDLER, COURTNEY.
PICTURES WILL FOLLOW 😊

TO OUR AMAZING RESIDENTS:

Three cheers for all the times this year that something strange happened, and you got thru it.

Three cheers for your patience when you were having a difficult day and you stopped what you were doing, to answer a question that a resident already asked you, but still, you gave your time.

Three cheers for carrying the good with the bad. Holding space for grief while also cultivating joy, many times in the same day. You remind others around you that there is always room for all emotions.

Three cheers for being able to make a resident feel safe, even when they make it hard sometimes, to get close, but always searching for a way to connect with them.

Three cheers for always advocating for each other !!

*So, three cheers to you, who make all things happen every day and how you inspire us and comfort your friends in our little community.

Now, let's finish strong together and Here's to 2023!

Thank you, God bless and Happy New Year

FROM THE APPLEWOOD STAFF