



# APPLEWOOD RETIREMENT RESIDENCE

## SEPTEMBER 2023

**\*\*MOST ACTIVITIES WILL HAVE A SIGN-UP SHEET**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 10:00 Coffee Club (FR) Gentle Exercises 11:00 &amp; 11:30 2:00 CARD BINGO (LR) 3:00 Afternoon Music With Terry Maxwell In the Theatre Room 6:45 Friday Euchre Night</p>	<p>2 10:00 Coffee Club Friendship Rm 2:00 Sat Afternoon Cards 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>3 11:00 Catholic Mass 2:00 Salvation Army Church Service 6:45 SUNDAY CARDS</p>	<p>4 <b>LABOUR DAY</b> 10:00 Coffee Club 2:00 SPIN &amp; WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm</p>	<p>5 9:30 Knitting &amp; Quilting 1:00-4:00 Shuttle MEDICAL APPTS ONLY 2:00 SPELLING 3:15 Afternoon Cards 4-5 Therapy Dog Visit</p>	<p>6 10:00 Coffee Club Exercises 11:00 &amp; 11:30 (TR) 2:00 RESIDENT COUNCIL MEETING – ELECT YOUR NEW EXECUTIVE &amp; GENERAL MEETING 6:45 Evening Cards</p>	<p>7 9:00 SHUTTLE – BANK ONLY 10:00 Coffee Club Friendship Rm Exercises 11:00 &amp; 11:30 (TR) 2:00 Thursday Afternoon Card Group</p>	<p>8 10:00 Coffee Club (FR) Gentle Exercises 11:00 &amp; 11:30 2:00 CARD BINGO (LR) 3:00 Afternoon Music With Randy Read In the Theatre Room 6:45 Friday Euchre Night</p>	<p>9 10:00 Coffee Club Friendship Rm 2:00 Who, What &amp; When Discussion Group With Marilyn 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>10 11:00 Catholic Mass 2:30 DAN THE PIANO MAN 6:45 SUNDAY CARDS</p>	<p>11 10:00 Seamstress Donna Please sign up. 2:00 SPIN &amp; WIN BINGO (LR) 6:45 Evening Card Group In the Friendship Rm</p>	<p>12 9:30 Knitting &amp; Quilting 1:00-4:00 Shuttle MEDICAL APPTS ONLY 2:00 Card Afternoon 4:30 OUR 35<sup>TH</sup> ANNIVERSARY BBQ</p>	<p>13 10:00 Coffee Club Exercises 11:00 &amp; 11:30 (TR) 2:00 "EASY ART GROUP" JOIN US &amp; PLAY WITH EASY WATER COLOURS</p>	<p>14 9:00 - Noon -SHUTTLE TO WAL-MART 10:00 Coffee Club Exercises 11:00 &amp; 11:30 (TR) 2:00 MEN'S GROUP "OPEN HOUSE" Please join us in the Lge Rm</p>	<p>15 10:00 Coffee Club (FR) Gentle Exercises 11:00 &amp; 11:30 2:00 CARD BINGO (LR) 3:00 Musical Afternoon with Front Porch Tunes In the Theatre Room 6:45 Friday Euchre Night</p>	<p>16 10:00 Coffee Club Friendship Rm 2:00 MUSIC AFTERNOON With Still Pick'n Country 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>17 11:00 Catholic Mass 2:00 MOVIE AFTERNOON 6:45 SUNDAY CARDS</p>	<p>18 10:00 Coffee Club 2:00 SPIN &amp; WIN BINGO 3:30 MONTHLY BLOOD PRESSURE And WEIGHT CLINIC In the Theatre Room 6:45 Evening Card Group</p>	<p>19 9:30 Knitting &amp; Quilting 11:00 Falls Prevention 1:00-4:00 Shuttle MEDICAL APPTS ONLY 2:00 St. Luke's Church Service 4-5 Therapy Dog Visit</p>	<p>20 10:00 Coffee Club Exercises 11:00 &amp; 11:30 2:00 Info Session: Introducing THE TENA PRODUCT PROGRAM</p>	<p>21 9:00 - Noon -SHUTTLE to LANDSDOWNE PL. 10:00 Coffee Club Exercises 11:00 &amp; 11:30 (TR) 2:00 Otonabee Square Dancers – In the Large Rm</p>	<p>22 10:00 Coffee Club Exercises 11:00 &amp; 11:30 2:00 CARD BINGO (LR) 3:00 Musical Afternoon With Rob Murray 6:45 Friday Euchre Night</p>	<p>23 10:00 Coffee Club Friendship Rm 2:00 AFTERNOON CARDS 7:00 Sat Night at the Movies In the Theatre Room</p>
<p>24 10:00 Coffee Club 2:00 AFTERNOON MUSIC With Eileen Hennessey 6:45 SUNDAY CARDS</p>	<p>25 10:00 Coffee Club 2:00 Music Group "CLAIRENTELLA" 6:45 Evening Card Group In the Friendship Rm</p>	<p>26 9:30 Knitting &amp; Quilting 1:00-4:00 Shuttle MEDICAL APPTS ONLY 2:00 Adult Colouring With your favorite tunes In the Large Room 4-5 Therapy Dog Visit</p>	<p>27 10:00 Coffee Club Exercises 11:00 &amp; 11:30 2:00 FLYSWATTER VOLLEYBALL 6:45 Evening Cards</p>	<p>28 9:00 - Noon -SHUTTLE to WESTEND SHOPPING 10:00 Coffee Club Exercises 11:00 &amp; 11:30 (TR) 2:00 THURSDAY AFTERNOON CARD GROUP</p>	<p>29 10:00 Coffee Club Exercises 11:00 &amp; 11:30 2:00 CARD BINGO (LR) 3:00 Musical Afternoon With Leigh Kemp 6:45 Friday Euchre Night</p>	<p>30 10:00 Coffee Club Friendship Rm 2:00 SAT AFTERNOON BINGO 7:00 Sat Night at the Movies In the Theatre Room</p>



**“HAPPY SEPTEMBER Birthday” TO:**

SEPT 4 LEVINA B	SEPT 17 ISABELLE O
SEPT 6 MARION L	SEPT 19 BETTY H
SEPT 7 SYLVIA G	SEPT 21 DAVE B
SEPT 9 MARY B	SEPT 27 LOIS C
SEPT 12 IRMA F	SEPT 29 GARY G
SEPT 12 ALFRED M	
SEPT 13 MARION R	

**SPECIAL NOTES FOR SEPTEMBER:**

**Get The “WELCOME MAT” out for our new FRIENDS  
JUNE and DAVE B**

**SPECIAL BBQ**  
**\*\* OUR NEXT EVENT TO CELEBRATE APPLEWOOD’S 35<sup>TH</sup> ANNIVERSARY**  
**WILL BE ON TUES SEPT 12<sup>th</sup>**  
**FOR OUR BBQ**  
**\*\*PLEASE REMEMBER TO TELL THE FRONT DESK THAT YOU, PLUS ONE**  
**OR TWO GUESTS WILL BE JOINING US FOR THE BBQ.**  
**IF DO NOT WANT TO HAVE DINNER OUTSIDE, THE REGULAR FIRST AND**  
**SECOND DINNER SEATINGS WILL BE IN THE DINING ROOM AS USUAL**

**\*\*PLEASE TAKE NOTE OF THE NEW TIME THAT GENTRY OUR “THERAPY  
DOG’ AND HIS HANLDER COUTNEY WILL BE HERE. IT WILL STILL BE  
EVERY TUES, BUT THEY WILL NOW BE VISITING FROM 4-5**

**\*\* A NEW EXERCISE PROGRAM “FALLS PREVENTION”**  
**YOUR INSTRUCTOR IS ADAM AND THE PROGRAM WILL BE EVERY TUES**  
**AT 11:00 IN THE THEATRE ROOM STARTING ON TUES SEPT 19<sup>th</sup> 😊**

**BAKING UP A PAN OF YUMMY COOKIES**



**OUTSIDE CONCERT with VINTAGE BRASS BAND**  
**THANK YOU FOR THE PICS, ARCHIE W.**

