


# APPLEWOOD RETIREMENT RESIDENCE

## MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>5 <u>11:00</u> <b>NO Mass today</b></p> <p><u>2:00</u> <b>Salvation Army Church Service</b></p> <p>6:45 <b>SUNDAY CARDS</b></p>	 <p>6 <u>9:30</u> <b>Table Shuffle Brd</b></p> <p>2:00 SPIN &amp; WIN BINGO In the Large Rm</p> <p>6:45 Evening Cards</p>	 <p>7 <u>9:30</u> <b>Knitting &amp; Quilting</b></p> <p><u>11:00 Preventing Falls - Exercises</u></p> <p>1:00-4:00 Shuttle Medical Appts Only</p> <p><u>2:00 Music Group</u> Anne &amp; Gregory "Winds of Change"</p>	<p>1 <u>10:00 Coffee/Tea</u> <u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 SPELLING BEE</u></p> <p>4-5 <b>Therapy Dog Visit</b></p>	<p>2 <u>9:00 - Noon</u> <b>SHUTTLE -BANK ONLY</b></p> <p><u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 BUCKHORN SINGERS</u></p>	<p>3 <u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 CARD BINGO</u></p> <p><u>3:00</u> <u>Afternoon Music</u> With Rob Murray Theatre Room</p> <p>6:45 Progressive Euchre Tournament</p>	<p>4 <u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>2:00</u> <b>SATURDAY BINGO</b></p> <p>7:00 Sat Night at the Movies - Theatre Rm</p>
<p>5 <u>11:00</u> <b>NO Mass today</b></p> <p><u>2:00</u> <b>Salvation Army Church Service</b></p> <p>6:45 <b>SUNDAY CARDS</b></p>	<p>6 <u>9:30</u> <b>Table Shuffle Brd</b></p> <p>2:00 SPIN &amp; WIN BINGO In the Large Rm</p> <p>6:45 Evening Cards</p>	<p>7 <u>9:30</u> <b>Knitting &amp; Quilting</b></p> <p><u>11:00 Preventing Falls - Exercises</u></p> <p>1:00-4:00 Shuttle Medical Appts Only</p> <p><u>2:00 Music Group</u> Anne &amp; Gregory "Winds of Change"</p>	<p>8 <u>10:00</u> Coffee/Tea Club</p> <p><u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 Discussion</u> The Amazing Tulip</p> <p>4-5 <b>Therapy Dog Visit</b></p>	<p>9 <u>9:00 - Noon</u> <b>SHUTTLE -Walmart</b></p> <p><u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 Musical Group</u> "Vintage Brass" In the Theatre Rm</p>	<p>10 <u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 CARD BINGO</u></p> <p><u>3:00</u> <u>Afternoon Music</u> With Terry Maxwell Theatre Room</p> <p>6:45 Progressive Euchre Tournament</p>	<p>11 <u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>11:00 CHAIR YOGA</u> With Michelle</p> <p><u>2:00 WHO, WHAT &amp; WHERE</u> with Marilyn</p> <p>7:00 Sat Night at the Movies - Theatre Rm</p>
<p>12 <u>MOTHER'S DAY</u> <u>11:00</u> <b>Catholic Mass</b></p> <p><u>2:00 Classic Movie</u> Afternoon</p> <p>6:45 <b>Ferndale Evening Church Service</b></p>	<p>13 <u>10:00 Coffee/Tea</u></p> <p><u>2:00 Mother's Day Party with</u> Carling &amp; Rob</p> <p>6:45 Evening Cards Friendship Rm</p>	<p>14 <u>9:30</u> <b>Knitting &amp; Quilting</b></p> <p><u>11:00 Preventing Falls - Exercises</u></p> <p>1:00-4:00 Shuttle Medical Appts Only</p> <p><u>2:00 Resident Meeting</u> All Residents Are Invited</p>	<p>15 <u>10:00 Coffee/Tea</u> Club</p> <p><u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 Seven Hills Fiddle Group</u> Cape Briton Music</p> <p>4-5 <b>Therapy Dog Visit</b></p>	<p>16 <u>9:45 - Noon</u> <b>Shuttle to</b> Lansdowne Place</p> <p><u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 FIT MINDS</u></p>	<p>17 <u>11:00 &amp; 11:30</u> <u>Gentle Exercises</u></p> <p><u>2:00 CARD BINGO</u></p> <p><u>3:00 Craig B.</u> <u>Afternoon Music</u> With Theatre Room</p> <p>6:45 Progressive Euchre Tournament</p>	<p>18 <u>10:00 Coffee Club</u> Friendship Rm</p> <p><u>2:00 Afternoon Bingo</u></p> <p>7:00 Sat Night at the Movies - Theatre Rm</p> <p><b>TURN OVER THE PAGE</b> </p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 <b>11:00</b> <b>Catholic Mass</b></p> <p><b>2:00 Church Service</b> With Beth from St. Luke's Church</p> <p><b>6:45 SUNDAY CARDS</b></p>	<p>20 <b>Victoria Day</b></p> <p>10:00 Coffee/Tea Club</p> <p>2:00 SPIN &amp; WIN BINGO In the Large Rm</p> <p>6:45 Evening Cards Friendship Rm</p>	<p>21 <b>9:30 Knitting &amp; Quilting</b> <b>11:00 Preventing Falls - Exercises</b></p> <p>1:00-4:00 Shuttle Medical Appts Only</p> <p><b>2:00 St. Luke's Church Service</b></p>	<p>22 10:00 Coffee/Tea Club</p> <p><b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>2:00 FLYSWATTER VOLLEYBALL</b></p> <p><b>4-5 Therapy Dog Visit</b></p>	<p>23 9:00 - Noon Shuttle -Westend</p> <p><b>9:30 - 11:30 Dental &amp; Denture Services</b></p> <p><b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>1:45 Outing to the Ptbo Museum</b></p>	<p>24 <b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>2:00 CARD BINGO</b> <b>3:00 Afternoon Music</b> With Leigh K. Theatre Room</p> <p>6:45 Regular Euchre Night</p>	<p>25 <b>10:00 Coffee Club Friendship Rm</b></p> <p><b>2:00 AFTERNOON MUSIC WITH</b></p> <p><b>"Still Pick'n Country"</b></p> <p>7:00 Sat Night at the Movies - Theatre Rm</p>
<p>26 <b>11:00</b> <b>Catholic Mass</b></p> <p><b>2:30 Afternoon Music</b> Dan the Piano Man</p> <p><b>6:45 Ferndale Evening Church Service</b></p>	<p>27</p> <p>10:00 Coffee/Tea Club</p> <p><b>2:30 OUTDOOR CONCERT</b> "Hollow-woods" Recorder Concert</p> <p>6:45 Evening Cards Friendship Rm</p>	<p>28 <b>9:30 Knitting &amp; Quilting</b> <b>11:00 - Exercises</b></p> <p>1:00-4:00 Shuttle Medical Appts Only</p> <p><b>2-4 "Senior Cruises" Car Show</b> Front parking lot</p> <p><b>3:30 CHAIR YOGA</b> With Michelle</p>	<p>29</p> <p>10:00 Coffee/Tea Club</p> <p><b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>2:00 JAVA MUSIC</b> In the Large Rm</p> <p><b>4-5 Therapy Dog Visit</b></p>	<p>30 9:00 - Noon Shuttle-Westend</p> <p><b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>2:00 Sing a long</b> With Jasmine In the Theatre Rm</p>	<p>31 <b>11:00 &amp; 11:30 Gentle Exercises</b></p> <p><b>2:00 CARD BINGO</b> <b>3:00 Afternoon Music</b> With Randy Read Theatre Room</p> <p>6:45 <b>SUNSET Drinks</b> in the Friendship Rm</p>	

**MAY REMINDERS:**

**Change in Chair Yoga Day** – After Sat May 11, CHAIR YOGA with Michelle, will be on 2 Tuesdays a month until the end of August

**Change in Therapy Dog Visit**– Courtney and her sweet therapy dog “Gentry” have changed their visits to Wednesdays at 4:00

**Sunday Mass** – Please take note, there is NO mass on May 5<sup>th</sup>. Father Andrew will return on Sun May 12<sup>th</sup>

**Outdoor Events** – At the end of May, we have 2 outdoor events. First is a local music group on Mon May 27 at 2:30 AND on Tues May 28<sup>th</sup> will be the “Senior Cruises, Car Show” in the front parking lot starting at 2:00. Both events will be weather permitting

