







APPLEWOOD RETIREMENT RESIDENCE

JULY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Canada Day</u> 10:00 Coffee/Tea Club 2:00 Travel Log "On Top of the World – Canada" 6:45 Evening Cards Friendship Rm	2 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts Only 2:00 Meeting with Residents & Your Council	3 10:00 Coffee/Tea Club 11:00 & 11:30 Gentle Exercises 2:00 Spelling Bee In the Large Rm 6:45 Rummoli Night	4 9:00 - Noon Shuttle- Bank Only 10:00 Coffee Club Friendship Rm 11:00 & 11:30 Gentle Exercises 2:00 Important Information Session With Jennifer DOC	5 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music With Mike McC. Theatre Room 6:45 Progressive Euchre	6 10:00 Coffee/Tea Club Friendship Rm 2:00 SATURDAY BINGO With Frank 7:00 Sat Night at the Movies - Theatre Rm
	7 11:00 Catholic Mass 2:00 Salvation Army Church Service 6:45 SUNDAY CARDS	8 10:00 Coffee/Tea Club 2:00 SPIN & WIN BINGO In the Large Rm 6:45 Evening Cards	9 9:30 Knitting & Quilting 11:00 Preventing Fall - Exercises 1:00-4:00 Shuttle Medical Appts Only 2:00 Classical Music With Jim & Douglas 3:30 CHAIR YOGA	10 10:00 Coffee/Tea Club No Exercises Today OUTING TO the Lavendar Fields Leave at 9:30 Weather Permitting 6:45 Rummoli Night	11 9:00 - Noon SHUTTLE -Walmart 10:00 Coffee Club Friendship Rm 11:00 & 11:30 Gentle Exercises 2:00 Craft Group In the Large Rm	12 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music With Rob Murray Theatre Room 6:45 Progressive Euchre Tournament
14 11:00 Catholic Mass 2:30 DAN THE PIANO MAN 6:45 SUNDAY CARDS	15 10:00 Coffee/Tea Club 2:00 SPIN & WIN BINGO In the Large Rm 6:45 Evening Cards Friendship Rm	16 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts Only 2:00 ROLANDA'S JEWELRY SALE Friendship Rm	17 10:00 Coffee/Tea Club 11:00 & 11:30 Gentle Exercises 2:00 Outdoor Concert with Leigh Kemp 6:45 Rummoli Night	18 9:30 Shuttle to Lansdown Place 11:00 & 11:30 Gentle Exercises 2:00 "FIT MINDS" Have fun and join us in the Large Rm	19 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music With Randy Read Theatre Room 6:45 Progressive Euchre Tournament	20 10:00 Coffee/Tea Club Friendship Rm 2:00 Afternoon Bingo With Julie 7:00 Sat Night at the Movies - Theatre Rm TURN OVER THE PAGE 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21 11:00 Catholic Mass</p> <p>2:00 Afternoon Cards</p> <p>3:30 Singing with Eileen Hennessey</p> <p>6:45 MOVIE NIGHT</p>	<p>22 9:30 Table Shuffle Brd</p> <p>2:00 SPIN & WIN BINGO In the Large Rm</p> <p>6:45 <i>Evening Cards</i> <i>Friendship Rm</i></p>	<p>23 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts Only 2:00 "Getting to Know You Day" Bring 1 item for Show & Tell 3:30 CHAIR YOGA</p>	<p>24 10:00 Coffee/Tea 11:00 & 11:30 Gentle Exercises</p> <p>2:00 Outing to Ptbo Casino First group at 1:30 Second group - 2:00</p> <p>6:45 Rummoli Night</p>	<p>25 9:00 - Noon Shuttle to Westend 9:00 Inhouse Dental Cleaning & Dentures with RUSS & TRUDI In the Large Room 11:00 & 11:30 Exercises 2:00 CARDS</p>	<p>26 11:00 & 11:30 Gentle Exercises</p> <p>2:00 CARD BINGO 3:00 Afternoon of New Music With Myles K. Theatre Room</p> <p>6:45 Regular Euchre Night</p>	<p>27 10:00 Coffee/Tea Club Friendship Rm</p> <p>2:00 Movie "Come Fly Away"</p> <p>7:00 Sat Night at the Movies - Theatre Rm</p>
<p>28 11:00 Catholic Mass</p> <p>2:00 Afternoon MUSIC AND FUN WITH CRAIG B. ON PIANO</p> <p>6:45 SUNDAY CARDS</p>	<p>29 10:00 Coffee/Tea Club</p> <p>2:00 SPIN & WIN BINGO In the Large Rm</p> <p>6:45 <i>Evening Cards</i> <i>Friendship Rm</i></p>	<p>30 9:30 Knitting & Quilting 11:00- Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts Only</p> <p>2:00 A Great Afternoon of Music With Rob & Carling</p>	<p>31 10:00 Coffee/Tea 11:00 & 11:30 Gentle Exercises</p> <p>2:00 Expose Travel TO: ICELAND</p> <p>6:45 Rummoli Night</p>			

JULY REMINDERS:

RESIDENT & COUNCIL MEETING: TUES JULY 2ND. Any questions, bring them to the meeting at **2:00 in the Theatre Room**

GOING ON AN OUTING to LAVEANNE LAVENDER FIELDS, NEAR PORT HOPE. I have rented the ASSESSIBLE BUS We will LEAVE AT 9:30 and be there for the morning. We will have lunch when we return. **WED JULY 10th**

Buy yourself or someone a lovely gift from **ROLANDA'S JEWELRY SHOW.** She will be in the Friendship Room **TUES JULY 16** from 12:30 until 3:30

Leigh Kemp will entertain us in another **"OUTDOOR CONCERT"**. Join Leigh out in the back gardens on **WED JULY 17th** at 2:00

GETTING TO KNOW OUR FRIENDS/SHOW & TELL program, is an opportunity to get to know our Applewood community more. Bring pictures, a book you are reading, a craft you enjoy doing. Or anything that would help us, to know you better. **TUES JULY 23RD** in the Large Rm at 2:00