


APPLEWOOD RETIREMENT RESIDENCE

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts 2:00 Spelling Bee 3:30 MEET & GREET For new residents in the Friendship Rm	2 NO EXERCISES LUNCH OUTING TO: Aunt Laura's Tea Rm in Bethany Depart at 11:00 Return 2:30 6:45 Rummoli Night 6:45 Movie Night "Western Wed"	3 9:00 - Noon SHUTTLE - BANK 9:00 - Dental Hygienist Trudi & Denturist Russ Please sign up !! 11:00 & 11:30 Gentle Exercises 2:00 Residents Meeting	4 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music With Keith K. 6:45 Progressive Euchre Tournament	5 9-noon Dog testing for Therapy Dogs In the Large Rm 2:00 Saturday Afternoon Bingo With Frank 7:00 Sat Night at the Movies - Theatre Rm
	6 11:00 Catholic Mass 2:00 Salvation Army Church Service 6:45 SUNDAY CARDS	7 10:00 Coffee/Tea Club 2:00 SPIN & WIN BINGO In the Large Rm 6:45 Evening Cards Friendship Rm	8 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts 2:00 Fun Music With Swing Set In the Theatre Rm	9 10:00 Coffee/Tea 11:00 & 11:30 Gentle Exercises 2:00 Octoberfest With DON VH 6:45 Rummoli Night 6:45 Movie Night "Western Wed"	10 9:00 - Noon SHUTTLE- Walmart 11:00 & 11:30 Gentle Exercises 2:00 MEN'S GROUP In the Theatre Room	11 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music With Laurence M. Theatre Room 6:45 Progressive Euchre Tournament
13 11:00 Catholic Mass 2:30 DAN THE PIANO MAN 6:45 MOVIE NIGHT	14 Thanksgiving 10:00 Coffee/Tea Club 2:00 Music with Craig B. 6:45 Evening Cards Friendship Rm	15 9:30 Knitting & Quilting 11:00 Preventing Falls - Exercises 1:00-4:00 Shuttle Medical Appts 2:00 Church Service With St. Luke's	16 No Exercises 1:45 Outing to The Memorial Centre - tour of the Hall of Fame 6:45 Rummoli Night 6:45 Movie Night "Western Wed"	17 9:30 Shuttle to Lansdowne Place 11:00 & 11:30 Gentle Exercises 2:00 New Entertainer - Singer "Ian Clement"	18 11:00 & 11:30 Gentle Exercises 2:00 CARD BINGO 3:00 Afternoon Music Mike & Darlene Theatre Room 6:45 Progressive Euchre Tournament	19 10:30 Resident Council "CHIT CHAT" In the Library 2:00 MUSIC WITH Still Pick'n Country" 7:00 Sat Night at the Movies - Theatre Rm



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<p>20 <u>11:00</u> Catholic Mass</p> <p><u>2:00 Church Service</u> <u>With Beth from St. Luke's Church</u></p> <p>6:45 MOVIE NIGHT</p>	<p>21 <u>9:30</u> Table Shuffle Brd</p> <p>2:00 <u>SPIN & WIN BINGO</u> In the Large Rm</p> <p>6:45 <i>Evening Cards</i> <i>Friendship Rm</i></p>	<p>22 <u>9:30</u> Knitting & Quilting <u>11:00 Preventing Falls - Exercises</u></p> <p>1:00-4:00 Shuttle Medical Appts</p> <p>2:00 MAPLERIDGE CHOIR</p>	<p>23 10:00 Coffee/Tea <u>11:00 & 11:30 Gentle Exercises</u></p> <p><u>2:00 Our Fun Group</u> <u>With FIT MINDS</u></p> <p>6:45 Rummoli Night <u>6:45 Movie Night</u> <u>"Western Wed"</u></p>	<p>24 9:00 - Noon Shuttle to Westend</p> <p><u>11:00 & 11:30 Exercises</u></p> <p>2:00 Afternoon Cards</p>	<p>25 <u>11:00 & 11:30</u> Gentle Exercises</p> <p>2:00 CARD BINGO 3:00 <u>Afternoon Music</u> <u>With KATHY W.</u> <u>Theatre Room</u></p> <p>6:45 Regular Euchre Night</p>	<p>26 <u>10:00 Coffee Club</u> <u>Friendship Rm</u> 11:00 CHAIR YOGA With Michelle</p> <p>2:00 SATURDAY BINGO with Julie</p> <p>7:00 Sat Night at the Movies - Theatre Rm</p>
<p>27 <u>11:00</u> Catholic Mass</p> <p><u>2:00 Afternoon Music with Eileen H.</u></p> <p>6:45 FERNDALE CHURCH SERVICE</p>	<p>28 10:00 Holy Cross School, Grade 9 students visiting</p> <p>2:00 <u>SPIN & WIN BINGO</u> In the Large Rm</p> <p>6:45 <i>Evening Cards</i> <i>Friendship Rm</i></p>	<p>29 <u>9:30</u> Knitting & Quilting <u>11:00 Preventing Falls - Exercises</u></p> <p>1:00-4:00 Shuttle Medical Appts</p> <p>2:00 Northminster Church Service</p>	<p>30 10:00 Coffee/Tea <u>11:00 & 11:30 Gentle Exercises</u></p> <p><u>2:00 LAURIE'S MUSIC PROGRAM</u></p> <p>6:45 Rummoli Night <u>6:45 Movie Night</u> <u>"Western Wed"</u></p>	<p>31 Happy Halloween</p> <p>9:00 - Noon Shuttle to Westend</p> <p><u>11:00 & 11:30 Exercises</u></p> <p>2:00 Halloween Party in the Theatre Rm with Nostalgic Duo</p>		

OCTOBER REMINDERS:

WED OCT 2nd - **Lunch Outing** to Aunt Laura's Tea Room in Bethany. Depart at 11:00

WED OCT 3rd – **RESIDENT MEETING** for ALL residents. Meeting at 2:00 in the Theatre Rm with Resident Council

WED OCT 16th – **Private tour of the HALL OF FAME** at the Ptbo Memorial Centre. Depart at 1:45

SAT OCT 19 - **"Chit Chat"** one on one conversation w Archie & Frank from your Resident Council. Starting at 10:30 -Library

THURS OCT 31st **HALLOWE'EN PARTY** with KATHY AND PETER. Wear a funny hat, crazy shirt or fun makeup 😊