






APPLEWOOD RETIREMENT RESIDENCE

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>SACRIFICE TRIBUTE <small>SOLDIERS</small> REMEMBRANCE POPPY  DAY VETERANS BRAVERY RESPECT HEROES LEST WE FORGET</p>			<p>1 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> 2:00 <u>CARD BINGO</u> 3:00 <u>Afternoon Music w</u> <u>Rob and Kelly</u> 6:45 Progressive Euchre Tournament</p>	<p>2 <u>Turn clocks back</u> <u>tonight before bed</u> <u>10:00 – Res Council</u> <u>-Nominations</u> <u>In the Library</u> 2:00 <u>Saturday</u> <u>Afternoon Bingo</u> 7:00 <u>Sat Night at the</u> <u>Movies - Theatre Rm</u></p>
<p>3 <u>Remember</u> <u>Clocks go BACK</u> <u>11:00</u> <u>Catholic Mass</u></p> <p>2:00 <u>Salvation Army</u> <u>Church Service</u> 6:45 <u>SUNDAY CARDS</u></p>	<p>4 10:00 <u>Coffee/Tea</u> <u>Club</u></p> <p>2:00 <u>SPIN & WIN BINGO</u> <u>In the Large Rm</u></p> <p>6:45 <u>Evening Cards</u> <u>Friendship Rm</u></p>	<p>5 <u>9:30</u> <u>Knitting & Quilting</u> <u>11:00 Preventing</u> <u>Falls - Exercises</u> 1:00-4:00 <u>Shuttle</u> <u>Medical Appts</u></p> <p>2:00 <u>Classical Music</u> <u>With Douglas</u> <u>And Jim</u></p>	<p>6 10:00 <u>Coffee/Tea</u> <u>11:00 & 11:30</u> <u>Gentle Exercises</u> <u>12:30 – 3:30</u> <u>Rolanda's</u> <u>Jewelry Sale</u> 6:45 <u>Rummoli Night</u> 6:45 <u>Movie Night</u> <u>"Western Wed"</u></p>	<p>7 <u>9:30 – 11:30</u> <u>FLU VACCINE</u> <u>CLINIC IN OUR</u> <u>THEATRE RM</u> 9:00 <u>Shuttle - Bank</u> 2:00 <u>Special Guest</u> <u>Speakers</u> <u>David Edgerton</u> <u>From the Legion</u> <u>And Ed Arnold</u></p>	<p>8 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> 2:00 <u>CARD BINGO</u></p> <p>3:00 <u>Afternoon Music</u> <u>With Randy Read</u> <u>Theatre Room</u> 6:45 Progressive Euchre Tournament</p>	<p>9 <u>10:00 Coffee Club</u> <u>Friendship Rm</u></p> <p>11:00 <u>CHAIR YOGA</u> <u>With Michelle</u></p> <p>2:00 <u>WHO, WHAT &</u> <u>WHERE with Marilyn</u></p> <p>7:00 <u>Sat Night at the</u> <u>Movies - Theatre Rm</u></p>
<p>10 <u>11:00</u> <u>Catholic Mass</u></p> <p>2:30 <u>DAN THE</u> <u>PIANO MAN</u></p> <p>6:45 <u>FERNDALE</u> <u>CHURCH</u> <u>SERVICE</u></p>	<p>11 <u>Remembrance</u> <u>Day</u> 10:00 <u>Ceremony on</u> <u>TV in the Friendship</u> <u>Rm & Theatre Rm</u> 2:00 <u>Music by the</u> <u>Blue Birds</u> 6:45 <u>Evening Cards</u></p>	<p>12 <u>9:30</u> <u>Knitting & Quilting</u> <u>11:00 Preventing</u> <u>Falls - Exercises</u> 1:00-4:00 <u>Shuttle</u> <u>Medical Appts</u> 2:00 <u>Music by</u> <u>"SWING SET"</u> <u>In the Theatre Rm</u></p>	<p>13 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> <u>Carol's</u> <u>Christmas Gift</u> <u>Baskets for sale</u> 6:45 <u>Rummoli Night</u> 6:45 <u>Movie Night</u> <u>"Western Wed"</u></p>	<p>14 9:00 <u>Shuttle to</u> <u>Wal-mart</u></p> <p><u>11:00 & 11:30</u> <u>Gentle Exercises</u></p> <p>2:00 <u>Sing a Long</u> <u>With Jasmine</u> <u>In the Theatre Rm</u></p>	<p>15 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> 2:00 <u>CARD BINGO</u> 3:00 <u>Afternoon Music</u> <u>With Barb & John</u> <u>Theatre Room</u> 6:45 Progressive Euchre Tournament</p>	<p>16 <u>10:00 Resident</u> <u>Council</u> <u>"CHIT CHAT"</u> <u>In the Library</u></p> <p>2:00 <u>Sat Card Group</u></p> <p>7:00 <u>Sat Night at the</u> <u>Movies - Theatre Rm</u></p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <u>11:00</u> Catholic Mass <u>2:00 TRAVEL LOG</u> <u>In the Theatre Rm</u> 6:45 MOVIE NIGHT	18 10:00 Coffee/Tea Club 2:00 <u>SPIN & WIN BINGO</u> <u>In the Large Rm</u> 3:00 <u>Table Shuffle Brd</u> 6:45 <i>Evening Cards</i> <i>Friendship Rm</i>	19 9:30 Knitting & Quilting <u>11:00 Preventing</u> <u>Falls - Exercises</u> 1:00-4:00 Shuttle Medical Appts <u>2:00 Church Service</u> <u>With St. Luke's</u>	20 <u>10-1:00</u> <u>Cards for sale</u> <u>All Occasions</u> <u>2:00 Guest Speaker</u> <u>On TENA Products</u> 6:45 Rummoli Night 6:45 <u>Movie Night</u> <u>"Western Wed"</u>	21 9:30 Shuttle to Lansdowne Place <u>11:00 & 11:30</u> <u>Exercises</u> 2:00 Music with The Buckhorn Singers	22 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> 2:00 CARD BINGO 3:00 <u>Afternoon Music</u> <u>With Craig B.</u> <u>Theatre Room</u> 6:45 Regular Euchre Night	23 <u>10:00 Coffee Club</u> <u>Friendship Rm</u> 11:00 CHAIR YOGA With Michelle 2:00 Saturday Cards 7:00 Sat Night at the Movies - Theatre Rm
24 <u>11:00</u> Catholic Mass <u>2:00 Netflix</u> <u>Program</u> 6:45 FERNDALE CHURCH SERVICE	25 10:00 Coffee/Tea Club 2:00 <u>SPIN & WIN BINGO</u> <u>In the Large Rm</u> 6:45 <i>Evening Cards</i> <i>Friendship Rm</i>	26 9:30 Knitting & Quilting <u>11:00 Preventing</u> <u>Falls - Exercises</u> 1:00-4:00 Shuttle Medical Appts <u>2:00 Northminster</u> <u>Church Service</u>	27 10:00 Coffee/Tea <u>11:00 & 11:30</u> <u>Gentle Exercises</u> <u>1:30 Decorating</u> <u>For Christmas</u> 6:45 Rummoli Night 6:45 <u>Movie Night</u> <u>"Western Wed"</u>	28 9:00 - Noon Shuttle to Westend Russ & Trudi will be here - dental appts Cleaning/denturist <u>11:00 & 11:30</u> <u>Exercises</u> <u>2:00 Music Duo</u> <u>"The Winds of</u> <u>Change"</u>	29 <u>11:00 & 11:30</u> <u>Gentle Exercises</u> 2:00 CARD BINGO 3:00 <u>Afternoon Music</u> <u>With Leigh Kemp</u> <u>Theatre Room</u> 6:45 Regular Euchre Night	30 <u>10:00 Coffee Club</u> <u>Friendship Rm</u> <u>2:00 SATURDAY</u> <u>BINGO with Julie</u> 7:00 Sat Night at the Movies - Theatre Rm

NOVEMBER REMINDERS:

SAT NOV 2nd – Anyone interested in running for a position on Resident's Council, go to the Library from 10:00 – 11:30

WED NOV 6TH – Rolanda will be here with beautiful jewelry and accessories in the Friendship Room

THURS NOV 7th – Join us for a very interesting afternoon with David Edgerton and Ed Arnold at 2:00 – Theatre Rm

MON NOV 11th - Remembrance Day We will have both the Ottawa and Peterborough ceremonies on TV

ALSO, **The Blue Birds** will be here to sing for us in the afternoon at 2:00

WED NOV 13th – Carol's Christmas Baskets will be for sale in the Friendship Room from 10-2:30

WED NOV 20th – A vendor will be here to sell her beautiful & creative cards for ALL occasions. In the Friendship Rm 10:00-1:00

WED NOV 27th – **We are going to begin decorating for Christmas**