

December 2014

Celebrated on **DECEMBER 28th**



CARD PLAYING DAY

HAPPY BIRTHDAY WALT!

Walt Disney was born in Chicago, IL. As a boy, he liked to draw farm animals & eventually got a job as an artist. He moved to Hollywood & in 1928 produced Steamboat Willie, starring Mickey Mouse, in the first cartoon with synchronized sound. In 1937, he released his full length animated film, Snow White and the Seven Dwarfs. He opened the Disneyland amusement park in 1955. In 1966, five years after his death, Disney World opened. His company has since grown into a global entertainment empire.



December 5, 1901

Colorful Quick Quinoa Grecian Salad

- 2 cups uncooked quinoa
- 3 cups fat-free, less-sodium chicken broth
- 2 tbsps extravirgin olive oil
- 1 teaspoon minced fresh mint
- 1 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 1 teaspoon sherry vinegar
- 1/2 teaspoon sea salt
- 1 cup cherry tomatoes, quartered
- 1 cup thinly sliced radicchio
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped English cucumber
- 1/3 c crumbled reduced-fat feta cheese
- 3 tbsps chopped kalamata olives
- 1 tbsp minced shallots

Place quinoa in a large bowl; cover with water. Let stand 5 minutes; rinse well, and drain. Bring broth to a boil in a large saucepan; stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Uncover; fluff with a fork. Cool to room temperature. Combine olive oil and next 5 ingredients (through sea salt) in a large bowl. Add cooled quinoa, tomatoes, and the remaining ingredients; toss well.



Happy Holidays!

APPLEWOOD I & II

WISHING YOU
PEACE
JOY & *happiness*
THIS
HOLIDAY
SEASON

December 2014

WINTER SAFETY

Tip: Replace a worn cane tip to making walking easier.

Tip: Cover your mouth in very cold temps. Protect your lungs.

Tip: Fight winter blahs. Use a check-in system with neighbors and friends.

Tip: Add vitamin D to your diet.

Most importantly, ask for help from family, friends and neighbors. We are here for you.

BIRTHDAY CELEBRATIONS

Applewood I: Glenice O. December 11th

Applewood II: Mary D. December 3rd; Marilyn H. December 4th; Jo Ellen R. December 14th; Jo Ann F. December 26th

CHRISTMAS DINNER (Poor Man's) December 8

MENU

Prime Rib with Mashed Potatoes / Gravy
Green Beans Almandine
Whipped Fruit Salad / Cheesecake w/ cherry topping
Home-made bread

DON'T FORGET BLOOD PRESSURE CHECKS

Dec. 9th: APW II at 9:00 am. APW I at 9:30 am

RENTERS INSURANCE

Please update your renters insurance when you complete your recertification or when you sign your new lease. Renters insurance helps to protect your property and could potentially save you a lot of money.

HAPPY HOLIDAYS!

Charlie and I wish you the happiest, safest Holiday season.

Applewood Senior Apartments I & II | lease@horizondbm.com
www.horizonshousing.com | 3125 & 3175 Pennsylvania Avenue Dubuque, IA 52001



Resident News

Happy Holidays!

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 APW I Prayer Sharing 4 pm 2nd fl. APW II Coffee Club 7am APW II BINGO 7 pm	2 APW I Poker Club 6-9 pm APW II Tai Chi 3-4 pm APW II Sequence 7 pm	3 APW I EUCHRE 6:00 APW II Bible Sharing 4-5 APW II EUCHRE 7pm 5	4 APW I Card Club 6:30-9 APW II Tai Chi 3-4 pm APW II Thirsty Thursday Club at 4-5 APW II Poker Bingo 7pm	5 APW I Prayer Sharing 4 pm 2nd fl. APW II Dominoes 7 pm	6 APW II WII bowling in am APW II Scrabble 7 pm
7	8 APW I Prayer Sharing 4 pm 2nd fl. RESIDENT DINNER Applewood I at 5:00pm Applewood II at 5:30pm APW II Coffee Club 7am APW II BINGO 7 pm	9 Blood Pressure Checks 9:00 am Applewood II 9:30 am Applewood I PLEASE TAKE ADVANTAGE OF THIS FREE SERVICE!	10 APW I BINGO 6:00 APW II Bible Sharing 4-5 APW II EUCHRE 7pm	11 APW I Card Club 6:30-9 APW II Tai Chi 3-4 pm APW II Thirsty Thursday Club at 4-5 APW II Poker Bingo 7pm	12 APW I Prayer Sharing 4 pm 2nd fl. Hempstead Holiday Singers - Time to be announced later. APW II Dominoes 7 pm	13 APW II WII bowling in am APW II Scrabble 7 pm
14	15 APW I Prayer Sharing 4 pm 2nd fl. APW II Coffee Club 7am APW II BINGO 7 pm	16 APW I Poker Club 6-9 pm APW II Tai Chi 3-4 pm APW II Sequence 7 pm	17 APW I EUCHRE 6:00 APW II Bible Sharing 4-5 APW II EUCHRE 7pm	18 APW I Card Club 6:30-9 APW II Tai Chi 3-4 pm APW II Thirsty Thursday Club at 4-5 APW II Poker Bingo 7pm	19 APW I Prayer Sharing 4 pm 2nd fl. APW II Dominoes 7 pm	20 APW II WII bowling in am APW II Scrabble 7 pm
21 APW I Movie Matinee 6 pm Com. Rm.	22 APW I Prayer Sharing 4 pm 2nd fl. APW II Coffee Club 7am APW II BINGO 7 pm	23 APW I Poker Club 6-9 pm APW II Tai Chi 3-4 pm APW II Sequence 7 pm	24 APW I BINGO 6:00 APW II Bible Sharing 4-5 APW II EUCHRE 7pm	25 APW I Card Club 6:30-9 APW II Tai Chi 3-4 pm APW II Thirsty Thursday Club at 4-5 APW II Poker Bingo 7pm	26 APW I Prayer Sharing 4 pm 2nd fl. APW II Dominoes 7 pm	27 APW II WII bowling in am APW II Scrabble 7 pm
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