



## SHERWOOD PARK MANOR

### IMPORTANT UPDATES:

Please remember, for community and overnight outings, the Charge Nurse **must** be contacted 24-48 hours in advance. This is to allow medications, treatments, and hygiene tasks to be completed.

613-342-5531 x103.

### COVID-19 OUTBREAK

We are currently experiencing a COVID-19 Outbreak in the Manor.

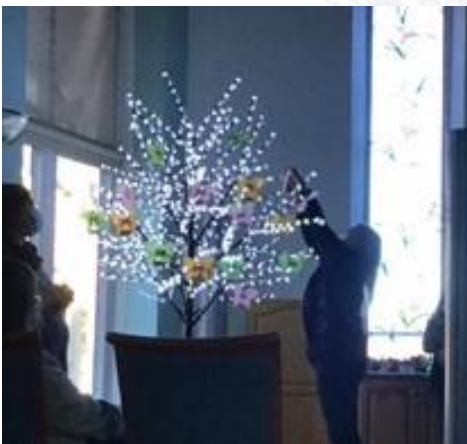
Any non-essential visit and/or outings should be postponed at this time, but visitation is not being limited. If you do choose to visit during the outbreak, you will be required wear an N95 mask for the entire duration and will be required to conduct your visit within the resident's room.

### SHERWOOD PARK REDEVELOPMENT

On December 2, 2023, our Fundraising Kickoff Event at Roebuck Educational and Recreational Association will be held. We are celebrating the start of construction of the new 96 bed redevelopment project.

There will be food for all staff and guests attending, donors will be presenting cheques and will be engaging in photo-ops. These amounts relate to our \$5,000,000.00 fundraising campaign.

The next phase of our construction, earthworks, will be starting in early December. If anyone has further questions please email Alfred O'Rourke ([aorourke@sherwoodparkmanor.com](mailto:aorourke@sherwoodparkmanor.com)), or Barry Barton ([bbarton@sherwoodparkmanor.com](mailto:bbarton@sherwoodparkmanor.com)).





## CELEBRATION OF LIFE CEREMONY

On November 18, 2023, we held the annual Celebration of Life Ceremony at the Manor. It was a compassionate and dignified event that memorialized the residents that have passed over the last year.

The illuminated tree, along with the named butterflies were a beautiful sight during the ceremony and for some days after.

We would like to thank all the attendees, staff, and individuals involved in the outworking of the event.

## IMPORTANT UPDATES:

There is a large community presence of respiratory viruses in our geographical area.

If you are not feeling well, please postpone planned visits.

All unwell visitors will be asked to vacate the premises.

## FAMILIAR FACES, NEW POSITIONS














With Alfred O'Rourke's looming retirement on January 31, 2024, there will be a vacant Administrator position.

You all are most likely familiar with Nancy Nesbitt-Boucher, our Resident and Family Services Manager. The Manor is happy to announce that effective February 1<sup>st</sup>, 2024, Nancy Nesbitt-Boucher will be the new Administrator of Sherwood Park Manor. Congratulations!

Although it will be a change of guard, all Management and Staff are looking ahead to the new leadership for continued positive change and innovation. A bright future is ahead.



# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Yoga 10am <b>Christmas Painting 10:30am</b> Jeopardy 2pm Reading Library 2pm	4 Walking Program 9-noon Exercise Program 10am Food Around the World 2pm iPod for Memories pm <b>Tim Hortons Night 6:30pm</b> 	5 Exercise Program 10am Mexican Games 10:30am A Look into the Past 2pm Mandala Art 2pm <b>A Light at Night 5pm</b> 	6 Walking Program 9-noon Exercise Program 10am Storytelling 10:30am Down Memory Lane 2pm Montessori Activities 2pm <b>Volleyball 2pm</b> iPod for Memories pm Movie Night 6pm	7 Exercise Program 10am Healing Scents 10am Hockey 1on1 10am iPod for Memories am <b>Music with Don MacDougall 2pm</b> Pathways Music 6:30pm 	8 Walking Program 9-noon Music Jam 10:30am Touch Screen Games 10:30am Exercise Program 10am iPod for Memories pm Random Acts of Kindness 2pm <b>Bingo 2pm</b> 	9 Exercise Class 10:30am Manicures 2pm <b>Watercolour Painting 2pm</b>
10 <b>Baking 10am</b> Reading Group 2pm	11 Walking Program 9-noon Exercise Program 10am Touch Screen Games 10:30am Church Service 11am iPod for Memories pm Therapeutic Music 1:30pm Tattooing 2pm Bowling/Hockey 2pm <b>Dinner and Lights 5pm</b> 	12 Exercise Program 10am Christmas Crafts 10:30am <b>Christmas Mystery Box 2pm</b> Balloon Racquetball 2pm Tea and Toast 6:30pm	13 Walking Program 9-noon Exercise Program 10am Therapeutic Music 1:30pm <b>Birthday Party with Jumpin Jimmy Leroux 2pm</b> iPod for Memories pm Movie Night 6pm 	14 Exercise Program 10am Doll Therapy 10am Montessori Literacy/Math 10:30am iPod for Memories am <b>Sing a long with Sue 1:30pm</b> Manicures 2pm Pathways Music 6:30pm 	15 Walking Program 9-noon Exercise Program 10am Music Jam 10:30am iPod for Memories pm <b>Bingo 2pm</b> 	16 Brain Games 10am Exercise Class 10:30am Knitting 2pm <b>Christmas Art 2m</b>
17 Yoga 10am Bean Bag Toss 10:30am <b>Christmas Trivia 2pm</b> Reading Library 2pm	18 Walking Program 9-noon Exercise Program 10am Christmas Foods 2pm iPod for Memories pm <b>Christmas Games 6:30pm</b>	19 Exercise Program 10am Mexican Games 10:30am <b>A Look into the Past 2pm</b> Montessori Practical Life 2pm Tea and Toast 6:30pm	20 Walking Program 9-noon Exercise Program 10am <b>Pub Day with Tom Vallequette 2pm</b> iPod for Memories pm Movie Night 6pm 	21 Exercise Program 10am Christmas Trivia 1on1 10am iPod for Memories am <b>Music with Hudson Majaury 2pm</b> 	22 Exercise Program 10am <b>Christmas Luncheon noon</b> 	23 Exercise Class 10:30am Manicures 2pm
24 Yoga 10am Christmas Karaoke 1:30pm	25 Church Service 11am <b>Christmas Bingo 1:30pm</b> iPod for Memories pm	26 Boxing 10am <b>Pin the Carrot on the Snowman 2pm</b>  Tea and Toast 6:30pm	27 Walking Program 9-noon Exercise Program 10am <b>Puzzles/Wordsearch 2pm</b> iPod for Memories pm Movie Night 6pm	28 Exercise Program 10am Reading Group 10am Sensory Montessori 10:30am iPod for Memories am <b>Bowling/Hockey 2pm</b> Manicures 2pm Pathways Music 6:30pm	29 Walking Program 9-noon Exercise Program 10am Music Jam 10:30am iPod for Memories pm <b>Bingo 2pm</b> 	30 Exercise Class 10:30am Brain Games 10am Knitting 2pm <b>Volleyball 2pm</b>
31 Exercise Class 10:30am <b>New Years Eve Party 2pm</b> 