



Monthly Newsletter

February Issue

EXECUTIVE DIRECTOR'S GREETING

Dear SPM Team,

I want to extend my sincere appreciation to each of you for your remarkable dedication throughout the month of January. Despite the extreme cold temperatures and challenging winter storms, you showed unwavering commitment to your roles and to the residents who depend on us every day.

Your resilience, professionalism, and compassion during such difficult weather conditions did not go unnoticed. Thank you for braving the elements, supporting one another, and ensuring that our residents continued to receive the highest level of care and support. I am truly grateful for everything you do. Your efforts make a meaningful difference, and I am proud to work alongside such an exceptional team.

Nancy



We had a special guest, CEO of AdvantAge Ontario, Lisa Levin, stop by for a tour of our new building.

ASK A PROFESSIONAL!

Each month, we will be asking a staff member to answer a question about their area of expertise. This month, our IPAC lead nurse, Jo-Anne Blaszczyk, answered the question “What is the best way to prevent illness during cold and flu season?”

- Vaccination: The most effective method is getting the flu shot every year, as soon as it is available.
- Hand Hygiene: Frequently wash hands with soap and warm water or use an alcohol-based hand sanitizer.
- Avoid Spreading Germs: Cover coughs and sneezes with a tissue or your elbow and wear a mask in crowded, enclosed spaces.
- Clean Surfaces: Regularly disinfect frequently touched objects like phones, door handles, and light switches.
- Personal Habits: Avoid close contact with sick people, avoid touching your eyes, nose, or mouth, and maintain a strong immune system through proper health habits.



If you have a question that you would like to pose for one of our upcoming newsletters, please submit it to hkentfield@sherwoodparkmanor.com



REDEVELOPMENT NEWS



The redevelopment continues to move along well. Painting has progressed on the second floor and copper plumbing is going in the water entry room and the kitchen. Pipe insulation is also underway.



ANNOUNCEMENTS









The Joint Health and Safety Committee would like to remind families and staff that food brought in for staff to share should be taken to the main nursing station so that the Charge Nurse can ensure it is taken down to the Staff Lounge for IPAC purposes. Thank you for your generosity and understanding.

IMPORTANT DATES

February 4	Birthday Party at 2pm
February 14	Valentine's Day
February 16	Family Day
February 17	Resident Council at 2pm
February 18	Pub Day at 2pm
February 18	Family Council at 3pm

FEBRUARY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Healing Scents 10:30am Crafts 10:30am</p> <p>Baking 2pm</p>	<p>2 Walking Program 9-noon Exercise Class 10am</p> <p>Mini Golf 2pm iPod for Memories pm</p>	<p>3 Exercise Class 10am Men's Club 10:30am</p> <p>Death Cafe 1:30</p>	<p>4 Walking Program 9-noon Exercise Class 10am</p> <p>Birthday Party with Jumpin Jimmy Leroux 2pm  iPod for Memories pm</p>	<p>5 Exercise Class 10am Catholic Mass 11am Storytelling 10:30am</p> <p>Name That Tune 2pm Card Games 2pm iPod for Memories pm</p> <p>Pathways Music 6:30pm Documentary Night 6:30pm</p>	<p>6 Walking Program 9-noon Exercise Class 10am</p> <p>Bingo 2pm </p>	<p>7 Stone Painting 10:30am Bowling 2pm</p>
<p>8 Virtual Spiritual Sing a long 10:30am</p> <p>Pompom Craft 2pm</p>	<p>9 Walking Program 9-noon Exercise Class 10am Racquetball 10:30am Church Service 11am</p> <p>Montessori Activities 2pm First to Seven 2pm iPod for Memories pm</p>	<p>10 Chiroprody Exercise Class 10am Men's Club 10:30am Board Games 10:30am Nursery Hour 10:30am</p> <p>Mobii Magic 2pm Darts 2pm</p>	<p>11 Walking Program 9-noon Exercise Class 10am Beach Ball Toss 10:30am</p> <p>Word Games 2pm Montessori Practical Life 2pm iPod for Memories pm</p> <p>Movie Night 6pm</p>	<p>12 Exercise Class 10am Mexican Bingo 10:30am Teatime 10:30am</p> <p>Noodle Soccer 2pm Dice Games 2pm Mobii Magic 2pm iPod for Memories pm</p> <p>Pathways Music 6:30pm Documentary Night 6:30pm</p>	<p>13 Walking Program 9-noon Exercise Class 10am Hockey 10:30am</p> <p>Valentine's Bingo 2pm </p>	<p>14</p> <p> Valentine's Day Card Making 10:30am Valentine's Day Trivia 2pm</p>
<p>15 Board Games 10:30am</p> <p>Wheel of Fortune 2pm</p>	<p>16</p> <p> All About Us 10:30am Sing a long 2pm iPod for Memories pm</p>	<p>17 Chiroprody Exercise Class 10am Men's Club 10:30am Healing Scents 10:30am Bowling 10:30am</p> <p>Resident Council 2pm Bowling/Hockey 2pm Mobii Magic 2pm</p>	<p>18 Walking Program 9-noon Exercise Class 10am</p> <p>Pub Day with Tom Vallequette 2pm  Family Council 2:30pm Jeopardy 6pm</p>	<p>19 Exercise Class 10am Puzzles/Wordsearch 10:30am Storytelling 10:30am</p> <p>Charades 2pm Montessori Literacy/Math 2pm Card Games 2pm iPod for Memories pm Pathways Music 6:50pm Documentary Night 6:50pm</p>	<p>20 Walking Program 9-noon Exercise Class 10am</p> <p>Bingo 2pm </p>	<p>21 Exercise Class 10:30am Wood Crafts 2pm</p>
<p>22 Reading Library 10:30am</p> <p>Bean Bag Toss 2pm</p>	<p>23 Walking Program 9-noon Exercise Class 10am Racquetball 10:30am Church Service 11am</p> <p>Nursery Hour 2pm First to Seven 2pm iPod for Memories pm</p>	<p>24 Exercise Class 10am Men's Club 10:30am Reading Group 10:30am Board Games 10:30am</p> <p>Volleyball/Tennis 2pm Ice Cream Making 2pm</p>	<p>25 Walking Program 9-noon Exercise Class 10am</p> <p>Beach Ball Toss 2pm The Price is Right 2pm Montessori Art 2pm iPod for Memories pm</p> <p>Movie Night 6pm</p>	<p>26 Exercise Class 10am Mexican Bingo 10:30am Puzzles/Wordsearch 10:50am</p> <p>Casino Games 2pm Spelling 'B' 2pm Bowling/Hockey 2pm iPod for Memories pm</p> <p>Pathways Music 6:30pm Documentary Night 6:30pm</p>	<p>27 Walking Program 9-noon Exercise Class 10am</p> <p>Bingo 2pm </p>	<p>28 Montessori Activities 10:30am</p> <p>Arts and Crafts 2pm</p>