



# Monthly Newsletter

March Issue

## EXECUTIVE DIRECTOR'S GREETING

**Dear SPM Team,**

I would like to extend my heartfelt gratitude to the dedicated families and compassionate staff of Sherwood Park Manor for their unwavering advocacy and steadfast support of the residents. Your kindness, patience, and commitment create a nurturing environment where dignity, respect, and quality of life remain at the forefront of care. The encouragement you provide, the voices you lend, and the countless acts of compassion you demonstrate each day make a profound difference in the lives of those who call the Manor home. Your partnership and devotion embody the true spirit of community, and I am deeply appreciative of all that you do.

**Nancy**



## GOOD NEWS STORY



One of Sherwood's amazing residents, Donna M., has graciously donated 12 inches of hair to Angel Hair for Kids! Thank you to our wonderful hairdresser, Jessica, who made this possible. Great work ladies!



# FUNDRAISING UPDATES

FRIDAY AUGUST 7 2026

The fundraising team closed out 2025 with incredible momentum! We've been hard at work preparing a roster of exciting events to support our redevelopment project in 2026.



To start the year with positive growth, please join us in extending a warm welcome to Thomson Somerville, our new Fundraising and Community Engagement Coordinator. Thomson joins us just in time to add some extra bench strength as we kick off a very busy year. If you see him in the halls, please don't be shy - say hi!

A huge thank you to everyone who registered for BINGO coming up on March 20th! This popular event is officially sold out. If you missed out this time, don't fret—we'll be back by popular demand with another Bingo soon. Big thanks go out to our first sponsor of that event, Dentistry @ Brockville.



**Thomson Somerville -  
Fundraising and  
Community  
Engagement  
Coordinator**

In the meantime, we are thrilled to share the Save the Date for our annual golf tournament with you first! This event is guaranteed to sell out quickly. To join the early bird ticket list and register your team first, please email the fundraising team at [fundraising@sherwoodparkmanor.com](mailto:fundraising@sherwoodparkmanor.com).

## IMPORTANT DATES

<b>March 3</b>	<b>Menu Committee Meeting at 10am</b>
<b>March 4</b>	<b>Birthday Party at 2pm</b>
<b>March 8</b>	<b>Spring Forward! Time Change.</b>
<b>March 17</b>	<b>St. Patrick's Day</b>
<b>March 24</b>	<b>Resident Council at 1:30pm</b>
<b>March 25</b>	<b>Family Council 2:30pm</b>

## ASK A PROFESSIONAL!

This month, Corporate Services Manager Blu Desrosiers answered the prompt, "Please provide information that would be helpful for residents and families at tax time."

For residents currently receiving a Rate Reduction (subsidy) for basic accommodation, the current term ends on June 30, 2026. Under the Fixing Long-Term Care Act, 2021, all residents on this program must re-apply every year to continue receiving financial assistance.

- The "Most Important Document": To apply for the renewal, you must have your 2025 Notice of Assessment (NOA) from the Canada Revenue Agency. Please file your taxes as early as possible so that your NOA is ready when the renewal window opens.
- If you are a recipient of the Guaranteed income supplement you must file taxes to maintain payments.
- For taxes, the final statement sent out in December of 2025 included the annual summary of accommodation charges. This can be used by each resident as they apply for the Trillium Credit on their Tax Return. Additionally, residents would do well to consider the annual billings they have received from CareRx when claiming their medical expenses for 2025.

## REDEVELOPMENT UPDATE

We are pleased to share continued progress on the redevelopment. The generator has been successfully installed, and painting is underway on the second floor. Flooring installation in the rooms is progressing well, bringing these spaces closer to completion. Work in the mechanical room continues as well.





# MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Board Games 10:30am <b>First to Seven 2pm</b>	2 Walking Program 9-noon Exercise Class 10am Hockey 1on1 10:30am <b>Darts 2pm</b> Mandala Art 2pm iPod for Memories pm Mobil- <b>Bean Bag Toss</b> 6:15pm	3 Exercise Class 10am Healing Scents 10am <b>Menu Committee Meeting 10am</b> Men's Club 10:30am Racquetball 10:30am <b>The Price is Right 2pm</b> Mobil Magic 2pm Tea and Toast 6:30pm	4 Walking Program 9-noon Exercise Class 10am Bean Bag Toss 10:30am <b>Birthday Party with Etienne Dumont 2pm</b> iPod for Memories pm	5 Exercise Class 10am Storytelling 10:30am Puzzles/Wordsearch 10:30am Catholic Mass 11am Car Racing 1on1 2pm Dice Game 2pm <b>Name That Tune 2pm</b> iPod for Memories pm Evening Art Time 6pm Documentary Night 6:30pm	6 Walking Program 9-noon Exercise Class 10am Craft 10:30am <b>Bingo 2pm</b>	7 Reading Library 10:30am <b>Volleyball/Tennis 2pm</b>
8 Virtual Spiritual Sing a long 10:30am <b>Crafts 2pm</b>	9 Walking Program 9-noon Exercise Class 10am Touch Screen Games 10:30am Church Service 11am <b>Mini Golf 2pm</b> Montessori Practical Life 2pm iPod for Memories pm Ladies Night 6:30pm	10 Exercise Class 10am Men's Club 10:30am Nursery Hour 10:30am Board Games 10:30am <b>Mobil Magic 2pm</b> Volleyball/Tennis 2pm Tea and Toast 6:30pm	11 Walking Program 9-noon Exercise Class 10am Bean Bag Toss 10:30am Therapeutic Music 1:30pm <b>Pub Day with Spencer Scharff 2pm</b> iPod for Memories pm Movie Night 6pm	12 Exercise Class 10am Ball Toss 10:30am Mexican Bingo 10:30am <b>Sing-a-long with Sue 1:30pm</b> Card Games 2pm iPod for Memories pm Storytelling 6pm Documentary Night 6:30pm	13 Walking Program 9-noon Exercise Class 10am St Patrick's Day Craft 10:30 <b>Bingo 2pm</b>	14 Colouring 10:30am <b>Noodle Ball 2pm</b>
15 Board Games 10:30am <b>Mobil- Bean Bag Toss 2pm</b>	16 Walking Program 9-noon Exercise Class 10am Mandala Art 10:30am <b>St Patrick's Day Baking 2pm</b> First to Seven 2pm iPod for Memories pm Mobil- <b>Sensory</b> 6:15pm	17 Healing Scents 10am Exercise Class 10am Men's Club 10:30am Racquetball 10:30am <b>Pin the Tale on the Leprechaun 2pm</b> Bowling/Hockey 2pm Tea and Toast 6:30pm	18 Walking Program 9-noon Exercise Class 10am Therapeutic Music 1:30pm <b>St Lawrence Entertainers 2pm</b> iPod for Memories pm Movie Night 6pm	19 Exercise Class 10am Storytelling 10:30am Puzzles/Wordsearch 10:30am Sing-a-long with Sue 1:30pm <b>Name That Tune 2pm</b> <b>Mobil Magic 2pm</b> Nursery Hour 2pm iPod for Memories pm Pathways Music 6:30pm Documentary Night 6:30pm	20 Walking Program 9-noon Exercise Class 10am <b>Bingo 2pm</b>	21 Storytelling 10:30am <b>Bowling 2pm</b>
22 Virtual Spiritual Sing a long 10:30am <b>Doll Therapy 2pm</b>	23 Walking Program 9-noon Exercise Class 10am Church Service 11am Montessori Math/Literacy 2pm <b>Ice Cream Making 2pm</b> iPod for Memories pm Tim Hortons Night 6:30pm	24 Exercise Class 10am Men's Club 10:30am Reading Group 10:30am Board Games 10:30am <b>Resident Council:30pm</b> Mobil Magic 2pm Nursery Hour 2pm Tea and Toast 6:30pm	25 Walking Program 9-noon Exercise Class 10am <b>Undelivered: Stories of the Past 2pm</b> Family Council 2:30pm iPod for Memories pm Movie Night 6pm	26 Exercise Class 10am Ball Toss 10:30am Mexican Bingo 10:30am <b>Shopping 1pm</b> iPod for Memories pm Storytelling 6pm Documentary Night 6:30pm	27 Walking Program 9-noon Exercise Class 10am <b>Bingo 2pm</b>	28 Wordsearch/Puzzles 10:30am <b>Mini Golf 2pm</b>
29 Board Games 10:30am <b>Jeopardy 2pm</b>	30 Walking Program 9-noon Exercise Class 10am <b>First to Seven 2pm</b> Montessori Sorting 2pm iPod for Memories pm Pathways Music 6pm	31 Exercise Class 10am Healing Scents 10am Men's Club 10:30am Racquetball 10:30am <b>Bowling/Hockey 2pm</b> Word Games 2pm Tea and Toast 6:30pm				