



# Monthly Newsletter

April Issue

## EXECUTIVE DIRECTOR'S GREETING

**Dear SPM Team,**

March was an eventful and meaningful month at Sherwood Park Manor, highlighted by residents celebrating St. Patrick's Day in true Irish style. A special shout-out goes to the Working Action Group (WAG) for engaging more than 30 staff members who participated by bringing their favorite dishes to share in a potluck lunch, fostering camaraderie and teamwork. We also extend our heartfelt gratitude to all staff for their kind, compassionate approach in caring for our Palliative Care residents who are no longer with us. Sherwood Park Manor is truly blessed to have dedicated staff who honour residents' lives and respect their choices to celebrate living with dignity and warmth.

## REDEVELOPMENT UPDATE

Hydro poles are currently being installed for the substation, marking an important step in infrastructure development. Progress continues inside and out, with backing boards underway behind the beds, patio stones now in place on the balconies, and the courtyard actively taking shape.



# FUNDRAISING UPDATES



Fundraising is in full swing! Congrats to our recent Bingo Night winners who took home a combined total of \$1,000 in cash prizes. Thank you to everyone who participated. Stay tuned for our next Bingo Night announcement - coming soon!

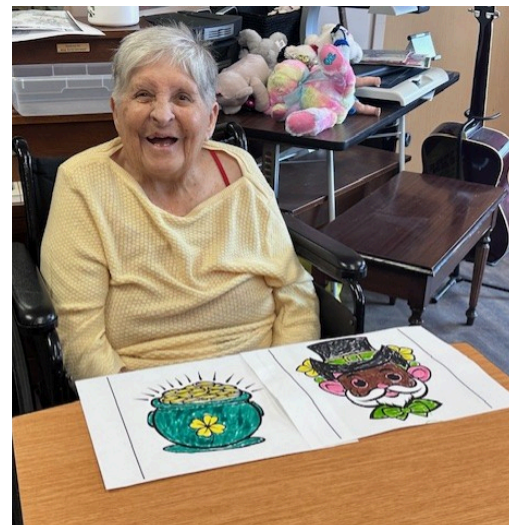
**Grounds for Growth** starts April 7! Celebrate National Caregiver Day by visiting participating coffee shops along King Street in Brockville all April long. Simply round-up your order at check-out to support the Manor's redevelopment, or pay-it-forward by purchasing a coffee for local long-term caregivers to claim in the community (LTC staff can pick up a free hot coffee as pay-it-forward tickets are available). Stay tuned to SPM's Facebook page for the campaign's official start.

**Catch the Ace** is also officially launched! This is your reminder to get your tickets in hopes of catching that ace... but not too soon! Purchase tickets online at <https://russellkincta.ca/> DO NOT FORGET to select Sherwood Park Manor LTC #29 as your charity of choice during check-out, each ticket attributed to SPM is more money back to our home.



## IMPORTANT DATES

<b>April 3</b>	<b>Good Friday</b>
<b>April 5</b>	<b>Easter Sunday</b>
<b>April 6</b>	<b>Easter Monday</b>
<b>April 15</b>	<b>Pub Day at 2:00pm</b>
<b>April 22</b>	<b>Family Council at 2:30pm</b>
<b>April 28</b>	<b>Resident Council at 1:30pm</b>



## ASK A PROFESSIONAL!

This month, our physiotherapy team responded to the question, “How can residents, staff, and families prepare their bodies for increased activity as warmer weather approaches?”

1. Begin with short durations (e.g., 5–10 minute walks) and gradually build up time and intensity over several weeks.

2. A proper warm-up helps reduce stiffness and improves mobility. Try gentle movements such as:

- Light stretching
- Range of motion (arm/shoulder circles, hip circles, ankle rolls)
- Marching or running on the spot

Even 5 minutes can make a noticeable difference.

3. Outdoor surfaces are often uneven, which can increase fall risk. Incorporating simple exercises can help:

- Sit-to-stands (for leg strength)
- Standing balance (single leg, tandem stance)

These exercises improve confidence and safety during walking and daily activities.

4. Proper footwear provides stability and reduces strain on joints. Choose shoes with good grip, cushioning, and support—especially important for walking outdoors.

5. Listen to Your Body! Some mild soreness is normal when increasing activity, but sharp pain, swelling, or prolonged discomfort is not. If you experience these symptoms, reduce your activity level and consult your physiotherapy or healthcare team.

6. Stay Hydrated and Take Breaks!



A Musical Theatre group from St. Lawrence College performed their program *Undelivered Stories from the Past* for residents. The students researched and wrote the piece themselves. It was thoroughly enjoyed by all.



# APRIL 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Virtual Spiritual Sing a long 10:30am</p> <p><b>Easter Craft 2pm</b></p>	<p>6 Easter Craft 10:30am</p> <p><b>"Egg" Toss 2pm</b></p> <p>Mobii 6:15pm</p>	<p>7 Exercise Class 10am Men's Club 10:30am Racquetball 10:30am Board Games 10:30am</p> <p><b>Bowling 2pm</b> Guess the Object 2pm</p>	<p>1 Walking Program 9-noon Exercise Class 10am</p> <p><b>Birthdays Party with Jumpin Jimmy Leroux 2pm</b></p> <p>iPod for Memories pm Movie Night 6pm</p>	<p>2 Exercise Class 10am Puzzles/Wordsearch 10:30am Storytelling 10:30am Easter Trivia 2pm Name That Tune 2pm Trivia 2pm iPod for Memories pm Evening Art 6pm</p> <p><b>Documentary Night 6:30pm</b></p>	<p>3</p> <p>Easter Colouring 10:30 am</p> <p><b>Bingo 1pm</b> 🎲🎲🎲🎲</p>	<p>4 Reading Library 10:30am</p> <p><b>Bean Bag Toss 2pm</b></p>
<p>5</p> <p>Virtual Spiritual Sing a long 10:30am</p> <p><b>Easter Craft 2pm</b></p>	<p>6 Easter Craft 10:30am</p> <p><b>"Egg" Toss 2pm</b></p> <p>Mobii 6:15pm</p>	<p>7 Exercise Class 10am Men's Club 10:30am Racquetball 10:30am Board Games 10:30am</p> <p><b>Bowling 2pm</b> Guess the Object 2pm</p>	<p>8 Walking Program 9-noon Exercise Class 10am</p> <p>Therapeutic Music 1:30pm</p> <p><b>Vegetable Gardening 2pm</b></p> <p>iPod for Memories pm Movie Night 6pm</p>	<p>9 Exercise Class 10am</p> <p><b>Sing a long with Sue 1:30pm</b></p> <p>Mobii 2pm Card Games 2pm iPod for Memories pm</p> <p>Storytelling 6pm Documentary Night 6:30pm</p>	<p>10 Walking Program 9-noon Exercise Class 10am Dice Games 10:30am</p> <p><b>Bingo 2pm</b> 🎲🎲🎲🎲</p>	<p>11 Colouring 10:30am</p> <p><b>Mobii Games 2pm</b></p>
<p>12 Storytelling 10:30am</p> <p><b>Noodle Ball 2pm</b></p> <p>Pet Therapy pm</p>	<p>13 Walking Program 9-noon Exercise Class 10am Church Service 11am</p> <p><b>Baking 2pm</b></p> <p>Mobii Magic 2pm iPod for Memories pm</p>	<p>14 Chiroprody Exercise Class 10am Men's Club 10:30am Board Games 10:30am Reading Group 10:30am</p> <p><b>Food Around the World 2pm</b> Word Scramble 2pm</p>	<p>15 Walking Program 9-noon Exercise Class 10am</p> <p>Therapeutic Music 1:30pm</p> <p><b>Pub Day with James King 2pm</b></p> <p>iPod for Memories pm Movie Night 6pm</p>	<p>16 Exercise Class 10am Puzzles/Wordsearch 10:30am Storytelling 10:30am</p> <p><b>Sing a long with Sue 1:30pm</b></p> <p><b>Trivia 2pm</b></p> <p>Dice Game 2pm iPod for Memories pm Pathways Music 6:30pm Documentary Night 6:30pm</p>	<p>17 Walking Program 9-noon Exercise Class 10am Category Games 10:30am</p> <p><b>Bingo 2pm</b> 🎲🎲🎲🎲</p>	<p>18 Arts and Crafts 10:30am</p> <p><b>Bowling 2pm</b></p>
<p>19 Virtual Spiritual Sing a long 10:30am</p> <p><b>Volleyball/Tennis 2pm</b></p> <p>Pet Therapy pm</p>	<p>20 Walking Program 9-noon Exercise Class 10am Church Service 11am Memory Game 10:30am</p> <p>Pass the Parcel 2pm Sensory Montessori 2pm</p> <p><b>Ice Cream Making 2pm</b></p> <p>iPod for Memories pm Pathways Music 6pm</p>	<p>21 Exercise Class 10am Men's Club 10:30am Racquetball 10:30am Healing Scents 10:30am Storytelling 10:30am</p> <p><b>Shopping 1-4pm</b> Tea and Toast 6:30pm</p>	<p>22 Walking Program 9-noon Exercise Class 10am</p> <p>Trivia 2pm</p> <p><b>The Price is Right 2pm</b></p> <p>Montessori Math/Literacy 2pm Family Council 2:30 iPod for Memories pm Movie Night 6pm</p>	<p>23 Exercise Class 10am Ball Toss 10:30am Mexican Bingo 10:30am Mobii Magic 2pm Card Games 2pm iPod for Memories pm Evening Art 6pm</p> <p><b>Documentary Night 6:30pm</b></p>	<p>24 Walking Program 9-noon Exercise Class 10am</p> <p>Bingo 2pm 🎲🎲🎲🎲</p>	<p>25 Doll Therapy 10:30am</p> <p><b>Bean Bag Toss 2pm</b></p>
<p>26 Board Games 10:30am</p> <p><b>Arts and Crafts 2pm</b></p> <p>Pet Therapy pm</p>	<p>27 Walking Program 9-noon Exercise Class 10am Church Service 11am Mini Golf 2pm Wood Crafts 2pm iPod for mMemories pm</p> <p><b>Tim Hortons Night 6:30pm</b></p>	<p>28 Exercise Class 10am Men's Club 10:30am Board Games 10:30am Reading Group 10:30am</p> <p><b>Resident Council 1:30pm</b> Montessori Activities 2pm Hockey 2pm Tea and Toast 6:30pm</p>	<p>29 Walking Program 9-noon Exercise Class 10am</p> <p><b>Wheel of Fortune 2pm</b></p> <p>Spelling 'B' 2pm Volleyball/Tennis 2pm iPod for Memories pm Movie Night 6pm</p>	<p>30 Exercise Class 10am Puzzles/Wordsearch 10:30am Storytelling 10:30am Nursery Hour 2pm</p> <p><b>Car Racing 2pm</b></p> <p>Name That Tune 2pm iPod for Memories pm Pathways Music 6:30pm Documentary Night 6:30pm</p>		



# GROUNDS FOR GROWTH

**HELP SHERWOOD PARK MANOR BUILD THE  
FUTURE OF CARE IN OUR COMMUNITY**



**ROUND-UP  
FOR SHERWOOD  
PARK MANOR**



**PAY IT FORWARD  
FOR LONG-TERM  
CARE HEROES**

**YOUR DAILY COFFEE CAN  
SUPPORT LONG-TERM CARE  
ALL MONTH LONG**

**THIS APRIL, BEGINNING ON  
NATIONAL CAREGIVER DAY  
APRIL 7 - 30, 2026**

**LEARN**



**MORE**

**QUESTIONS? CONTACT US!  
FUNDRAISING@SHERWOODPARKMANOR.COM**