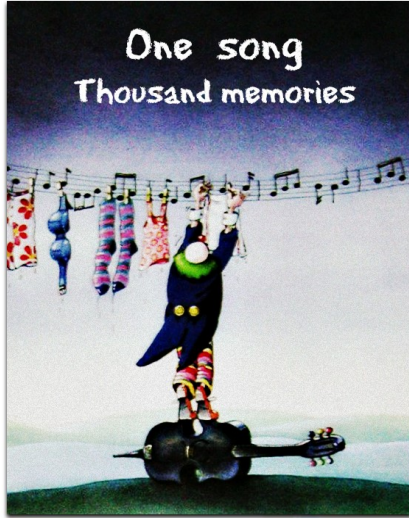
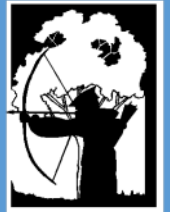


“Each New Year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.”

~ Peggy Toney Horton

# SHERWOOD ARROW

January / February 2017 Issue



*Should auld acquaintance be forgot and ne'er brought to mind? Ne'er! And there's a hand, my trusty fiere! and gie's a hand o' thine! We'll tak a cup o' kindness yet, And we'll tak a right guid-willie waugh. . . .*

And so we did on New Year's Eve . . . ringing in the Year 2017 with a glass of bubbly. Ne'er you mind the polar bear swim! The residents made quite a splash of their own—all decked out in their Christmas finery and New Year's best! Accolades to the staff who helped make the season bright and merry at Sherwood House, serving up a lovely celebration of wonderful food and assorted goodies. Just take a look! Peace and prosperity to all and to all a super good year!



Marion & Gus taking a celebratory selfie. Below Lorraine and Josie drinking bubbly.



Karen, hostess (above); Dorothy playing da' tunes (centre bottom); Emma & Isabel enjoying the party (below); Ellie & family's snow creation (above centre)





(Right) Martha being queen for the night—lovely! Residents Helen and Ellie enjoying dinner, with Chef Annette, and Karen; Below is Annette's amazing New year's Eve dinner: Caesar salad, prime rib, candied yams, asparagus spears & molten chocolate pudding cake. Yum.



(Below) Christmas Dinner with all the trimmings! The ambience was festive and cozy with everyone in good spirits.



Party favours and festive flavours!  
Compliments to Chef Steve!

**“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.” ~ Ellen Goodman**

“I cannot wish you good fortune knowing that good fortune is what you are, while bad fortune is just a mistaken identity;

I cannot wish you all the things of earth since earth itself is yours and that is sufficient, while all the rest will never be enough;

I cannot wish you the things you want to see when much unseen is also here waiting for your denial of mind that refuses to see

I cannot wish you strength or courage to conquer the troubles and tribulations of life because you alone are the master of limits and imaginary lines;

I cannot wish you an easy and safe path in all your ventures, safe and easy paths are unworthy of the worthy;

I cannot wish you any kind of freedom you may seek—life is the proof of freedom—seeking is your prison, expectations are your guards;

I cannot wish you any kind of happiness, the heart is too blind to be content in the certainty of reality, excellence, and immortality of things;

I cannot wish you good health, the voice within asking ever provoking questions is your health, fear that silences you is your illness;

I cannot wish you anything as long as life is about being instead of having;

Maybe the holiday season is not about wishes and celebration at all maybe, just maybe, it is a reminder about the power of one’s state of mind;

What else than one’s state of mind can make things look beautiful when in fact they are ugly, what else than state of mind can make things look ugly when in fact they are beautiful.

Let the New Year be the year in which we choose to be the masters of the mind and not its slave.” ~ [Isa Morgül](#) (From Goodreads)



MAY YOUR COMING YEAR BE FILLED WITH  
**MAGIC&DREAMS&  
GOOD MADNESS.**  
I HOPE **READ** **BOOKS**  
YOU SOME FINE  
& **KISS** SOMEONE  
WHO THINKS YOU'RE  
**WONDERFUL,**  
AND DON'T FORGET  
TO MAKE SOME **ART**  
(WRITE OR DRAW OR BUILD OR SING  
OR **LIVE AS ONLY YOU CAN**)  
AND SOMEWHERE IN THE  
I HOPE, NEXT YEAR,  
**YOU SURPRISE**  
**YOURSELF.**  
~neil gaiman



“We will open the book. Its pages are blank. We are going to put words on them ourselves. **The book is called Opportunity and its first chapter is New Year's Day.**”

– Edith Lovejoy Pierce  
[WWW.VERYBESTQUOTES.COM](http://WWW.VERYBESTQUOTES.COM)

## LAUGHTER IS GOOD MEDICINE!

Three ladies were discussing the travails of getting older. One said, 'Sometimes I catch myself with a jar of mayonnaise in my hand, while standing in front of the refrigerator, and I can't remember whether I need to put it away, or start making a sandwich.' The second lady chimed in with, 'Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down.' The third one responded, 'Well, ladies, I'm glad I don't have that problem. Touch wood,' as she rapped her knuckles on the table, and then said, 'That must be the door, I'll get it.'

Teacher: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became father only when I was born.

(Logic!! Children are quick and always speak their minds.)

TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now, Class, who discovered America?

CLASS: Maria.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

(I love this child.)

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir; It's the same dog.

(I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

PASS THIS AROUND AND MAKE SOMEONE LAUGH!  
LAUGHTER IS THE SOUL'S MEDICINE!!

1. READ DIRECTIONS ON BOX



2. THROW BOX AWAY



3. PULL BOX OUT OF TRASH  
15 SECONDS LATER



4. REPEAT



At our age we can be anything we want to be... we choose to be fabulous!



www.artimpressions.com



More pics on [www.imfunny.net](http://www.imfunny.net)

