

Sherwood House January Edition

Happy Birthday to You:

- Cathy Brooks
- Camilla Carson
- Anne Cutler
- Peter Jones
- Nadene Hill
- Larry Pilcher

Welcome To:

- David & Nancy Tomljenovich

Farewell to:

- Marion Pierson

January's Activities (Weekly Calander is Available at the Front Desk)

January 2026



Sherwood House
Independent Retirement Living with Supportive Services

February '26						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 9:30 Exercise	30 9:30 Exercise	31 9:30 Exercise	1 9:30 Exercise Happy 2026 New Year	2 9:30 Exercise 1:15 PM Book Club	3 9:30 Exercises 2:00 Documentary
4 2:00 Movie & Popcorn	5 9:30am Exercise 2:00 PM Undecorating Sherwood House	6 10: am Chair Yoga 2:00 PM Home Care Presentation	7 9:30 am Exercise 2Pm Stitch and Chat	8 9:30 am Exercise 2:00 PM Andy McCormick 	9 9:30am Exercise 1:15 PM Book Club 	10 9:30 Exercises 2:00 Documentary
11 2:00 Movie & Popcorn	12 9:30am Exercise 2:00 PM Casual Chic Couture Clothing Sale	13 10 am Chair Yoga 10:30 AM Harmonica Band 2Pm Craft Afternoon	14 9:30am Exercise 2:00 PM Stitch and Chat 3:00 PM Fireside Chat With Patrick	15 9:30am Exercise 2:00 PM Alf Carter Band 	16 9:30am Exercise 1:15 PM Book Club 	17 9:30 Exercises 2:00 Documentary
18 2:00 Movie & Popcorn	19 9:30am Exercise 2:00 PM BINGO	20 10 am Chair Yoga 2:00 PM Mind Games	21 9:30am Exercise 2:00 PM Stitch and Chat	22 9:30am Exercise 2:00 PM Body and Soul 	23 9:30am Exercise 1:15 PM Book Club 	24 9:30 Exercises 2:00 Documentary
25 2:00 pm Movie & Popcorn	26 9:30am Exercise 2:00 PM Western Day 	27 10 am Chair Yoga 11:00 AM Residents Meeting 2:00 PM BINGO	28 9:30am Exercise 2:00 PM Evergreen Choir 3:00 PM Fireside Chat With Patrick 	29 9:30 am Exercise 2:00 PM Michael Holland 	30 9:30 am Exercise	31 9:30 Exercise
1	2	Notes JANUARY				280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com

All about January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year. Read more about all 12 months' names here. The Romans often made promises to Janus and exchanged good wishes.

January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.

January 6 is Epiphany. According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful Epiphany Tart or a King Cake with a lucky bean inside!

January 17 is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture.

January 17 is also Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

New Years Eve & Lucky Food around the world

In Spain, people attempt to eat 12 grapes during these 12 strokes of midnight! Tradition says that if they succeed before the chimes stop, they will have good luck for all 12 months of the coming year.

In the southern US, black-eyed peas and pork foretell good fortune.

In Scotland—where Hogmanay is celebrated—Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles!

Eating any ring-shaped treat (such as a doughnut) symbolizes “coming full circle” and leads to good fortune. **In Dutch homes**, fritters called Olie Bollen are served.

The Irish enjoy pastries called Bannocks.

In India and Pakistan, rice promises prosperity.

Apples dipped in honey are a Rosh Hashanah (**Jewish** New Year) tradition.

In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors—and allowed to remain there!

NOTICE

Regarding the Exercise Equipment on the 3rd Floor.

If anyone uses any of the equipment upstairs in the 3rd floor library, please let us know! If they don't get used, we are going to remove them but let the Front Desk or Laurie know.

Otherwise, by February they will be gone...



Happy, Happy New Year!
We wish you all the best,
Great work to reach your fondest goals,
And when you're done, sweet rest.

We hope for your fulfillment,
Contentment, peace and more,
A brighter, better new year than
You've ever had before.

By Joanna Fuchs

Poinsettia Care Tips to Make Yours Last All Season

Here's how to ensure the iconic holiday plant looks its best throughout the winter.

1. Ditch the Plastic and Foil Cover.

Once you get your plant home, remove the plastic sleeve and the foil pot cover, which can hinder drainage. You don't have to re-pot this plant, but you can pop the entire pot into a more decorative vessel, if you'd like.

2. Give It Loads of Sun.

When grown in the wild, poinsettias are tropical, so they love light and will tolerate full sun—but they'll put up with almost any kind of light, says Berg. Because poinsettia plants purchased for the holidays were likely grown in a greenhouse, they're used to tolerating—and thriving in—indirect sunlight. All that's to say, you can really put your poinsettia wherever you like in your house to enjoy a splash of holiday color in any room. Fair warning: In a very dark corner, they do tend to stretch and become leggy.

3. Set the Temperature.

If it's at least 55°F, your Christmas plant should be just fine—but 65–70°F is even better. (No hotter!) While you can display your poinsettias outdoors, this should only be done by those who live in temperate climates.

4. Mind the Water.

Poinsettias prefer consistent, light moisture—and don't like being soaking wet. Add a cup or so of water to the soil every two to three days, then feel the pot's weight, which is a better indication of when to water the next time. Dump out any water that sits in the saucer, says Berg.

"The biggest mistake people make is that they let [poinsettias] dry out for a day or so," says Berg. "In that case, the plant will begin dropping leaves to try to save its root system." If that happens, there's no going back. Your plant isn't going to recover this year, so compost it and buy a new one!

5. Keep It Away from Pets.

Let's start by saying that despite what you've heard, according to the **ASPCA**, the poinsettia plant is "generally overrated in toxicity." However, if a stem is broken, the plant emits a white, milky sap, which can be irritating to mouths or skin if not washed off. So, if your pet ingests pieces of a poinsettia, he or she may get an upset stomach, though likely nothing worse.

With that said, you still don't want your cat or dog to eat your poinsettia! Try to keep the plant away from nibblers—but if your fur baby has ingested some, call your vet just in case. It's always better to be safe than sorry!

6. Use the Flowers in Arrangements.

If your plant is looking leggy or has dropped its lower leaves, go ahead and cut the stem to display its flowers in a vase. Be sure to wear garden gloves because the sticky sap can be irritating to skin.

7. Plant Your Poinsettia Outdoors *if* You Live in the Right Climate.

In warm climates, you can plant poinsettia outdoors where they'll root and continue to bloom. They can survive winters outdoors in USDA hardiness zones 9 to 11.

If you're feeling ambitious, you can also try saving your potted poinsettia for next year. Here's how: Keep it in your sunniest window, maintain moisture, and place it outdoors after all risk of frost has passed.

Once outdoors, you can feed your plant regularly to stimulate new growth. Then in the fall, bring it indoors and give it 12 hours of absolute darkness (don't even expose it to a night light!) each night. But beware, poinsettias are notoriously finicky about reblooming.

"You might get it to color, but it won't be shaped nicely," says Berg. In truth, poinsettias are inexpensive, so unless you want to take on the challenge, save yourself the effort, compost yours, and choose a new beauty next year.

Bonus Tip: Go Beyond Red.

Nowadays, red is still the most popular poinsettia color—especially for Christmas—but it also comes in a myriad of other colors (like pink, green, orange, yellow, and plum) and forms, including some with speckles or splashes.





The next Resident Meeting will be the last Tuesday of each month. So, in January it's on the 27th at 11:00am.

****Reminder****

If sick, please isolate. Colds & flus are circulating. Please be careful!

