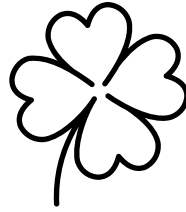


The Sherwood House March Edition

Happy Birthday to You:

- Judith Hawkins
- Nancy Tomljenovich
- Joyce Sandilands
- Alice Senger
- Gay Watson



WELCOME TO YOUR
NEW HOME:
ELSBETH BEECROFT



March Events (Weekly Calendar Available @ Front Desk)

March 2026



Sherwood House
Independent Retirement Living with Supportive Services

April '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	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 am Exercise 2:00 PM Spring Craft Scrapbooking Sherwood House 2025	3 9:30 am Chair Yoga 2:00 PM Root Beer Float Day 	4 9:30 am Exercise 2PM Stitch and Chat 	5 9:30 Am Exercise 2:00 PM Body & Soul 	6 9:30 am Exercise 1:15 PM Book Club 	7 9:30 Am Exercises 2:00 Documentary
8 2:00 Movie & Popcorn	9 9:30 am Exercise 2:00 PM BINGO	10 9:30 am Chair Yoga 10:30 PM Harmonica Band 2:00 PM Birthday Celebration	11 9:30 am Exercise 2Pm Stitch and Chat 	12 9:30 am Exercise 2:00 PM Jan Mathews 	13 9:30 am Exercise 1:15 PM Book Club 	14 9:30 Am Exercises 2:00 Documentary
15 2:00 Movie & Popcorn	16 9:30 am Exercise 2:00 PM Craft Day Suncatchers	17 9:30 am Chair Yoga 10:30 AM Tuesday Morning Choir 2PM St Patrick Day Celebration	18 9:30 am Exercise 2:00 PM Stitch and Chat 	19 9:30 am Exercise 2:00 PM Alf Carter Band 	20 9:30 am Exercise 1:15 PM Book Club 	21 9:30 Am Exercise 2:00 Documentary
22 2:00 Movie & Popcorn	23 9:30 am Exercise 2:00 PM Mind Games	24 9:30 am Chair Yoga 2:00 PM Angelica Piano Recital	25 9:30 am Exercise 2:00 PM Stitch and Chat 	26 9:30am Exercise 2:00 PM Michael Holland March Birthdays	27 9:30 am Exercise 1:15 PM Book Club 	28 9:30 Am Exercise 2 pm Documentary
29 2 pm Movie & Popcorn	30 9:30 am Exercise 2:00 PM George Brewsters 103rd Birthday Celebration	31 9:30 am Chair Yoga 2:00 PM BINGO	1	2 Don't forget all activities are subject to Last minute Changes	3	4
5	6	Notes			280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com	

Let's reminisce about **SPRING** together!

Use some of the following questions as story starters, write out your answers in a few paragraphs & then drop them off at the Front Desk to be published in an upcoming Newsletter. Don't forget to include your name so we know who's story it is. You can also submit anonymously if you prefer. If you need a piece of paper to write on, ask the Front Desk.

- What was spring like when you were a kid?
- What was the weather like, was it still cold, snowy, rainy, or starting to warm up?
- What were springtime activities like?
- How did springtime make you feel?
- Did you ever have spring fever?
- Did you have spring break from school?
- Do you have a memorable spring from your past?
- Was there any sport you participated in during the spring?
- Were there any spring sports you enjoyed watching? Do you enjoy any spring sports now?
- How do you feel about Spring now?



Known as the Patron Saint of Ireland, Patrick was instrumental in bringing the Roman Catholic beliefs to Ireland and in subsequent years, Saint Patrick's Day became a day to commemorate Catholicism in Ireland. Originally, it was a day of feasting and celebration held every year on the day of St. Patrick's death, although until the 1700s, the holiday didn't exist in any formal capacity.

In truth, St. Patrick was taken from his home, either in Britain, Wales or elsewhere, and became a slave to pirates for 6 years. When he was freed, he entered the clergy and later returned to Ireland as a missionary to begin his work.

While he was not in fact Irish by birth, he embodied the spirit of Ireland and a love for the country. Perhaps the most well-known legend of St. Patrick is that he explained the holy trinity (Father, Son, & Holy Spirit) using the 3 leaves of a native Irish clover, the **Shamrock**.

Somewhat ironically, St. Patrick was an immigrant to Ireland the same way so many Irish would later become immigrants in the United States, where modern St. Patrick's Day was born.

Did you know?

The very first St. Patrick's Day Parade was held in Boston in 1737, as a celebration of Irish culture in the colonies. It later spread in popularity to Dublin and other American cities.

~LEPRECHAUNS~

Leprechauns are one reason you're supposed to wear green on St. Patrick's Day, or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see. Some people also think sporting the color will bring good luck, and others wear it to honor their Irish ancestry. No wonder green decorations can be seen all over. Below: The Chicago River dyed green!





While we are waiting for the weather to warm up and dry out, we can start redesigning our balconies and patios with spring flourish. Along with seasonal flowers to adorn our outdoor space, try growing some edibles like lettuce, tomatoes, radish, blueberries, strawberries, and herbs. If you think you don't have enough room, think again! Vertical gardening is very popular these days and there are lots of ideas online!

Spring has come back again.

The Earth is like a child that's got poems by heart, so many poems, so many verses, patient toil winning her prizes at last.

Strict, the old teacher. We loved the whiteness in the old gentleman's beard, its bright snow. Now when we ask what the green, what the blue is, Earth knows the answer, has learned it. She knows.

Earth, you're on holiday, lucky one: play now! Play with us children! We'll try to catch you. Glad, joyous Earth! The gladdest must win.

Every lesson the old teacher taught her, all that is printed in roots and laborious stems: now she sings it!

Listen, Earth sings!



February Flashbacks...



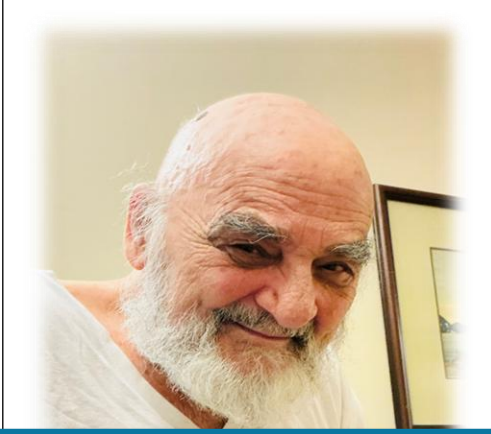




Spring Readiness



MAY THE *dreams*
YOU HOLD DEAREST
be those *true*
WHICH COME *true*
& THE KINDNESS
YOU SPREAD
KEEP *returning*
TO *you*



More Flashbacks





Fun & Friendship

