

Sherwood House APRIL Edition



Happy Birthday to YOU!

Olive Auchinachie

George Brewster

Shirley Bain

Jenny Shipp

David Tomljenovich

Jacques Polard

Faye Tuck

April Activities (Weekly Calendar Available at Front Desk)

April 2 – 2pm - Brian & Cate

April 6 – 2pm – Jam Factory

April 7 – 2pm – Mad Hatters Tea & Coffee Party

April 8 & 22 - 9:30am – Fun with Ardelle

April 9 – 2pm – Andy McCormick

April 12 – 2pm – Duncan Choral Singers

April 13 – 2pm – BINGO

April 14 – 2pm – Men's Afternoon Meeting in the living room for future events for men.

April 16 – 2pm – Alf Carter & Birthday Celebrations

April 20 – 2pm – Spring Paint Afternoon

April 21 – 2pm – Cider and Sunshine Afternoon Social

April 23 – 2pm – Heartsong Singers

April 27 – 2pm – Games

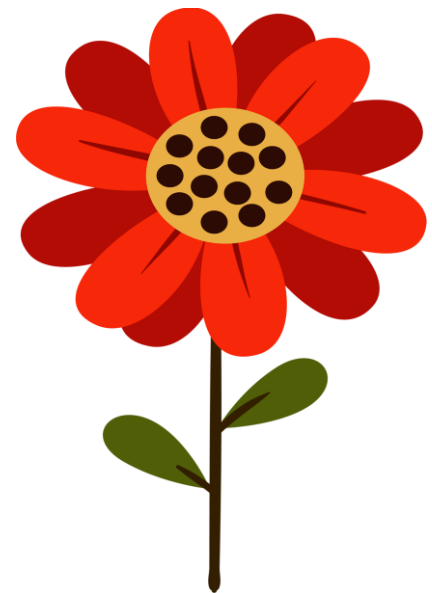
April 28 – 2pm – BINGO

April 30 – 2pm – Ken Kunz



Welcome Home:

- Barbara Grainger
- Wreford O'Hara



Pursuing your passion can improve your health – By Kimberly Fowler

Studies repeatedly show that pursuing your passion cannot only improve your psychological well-being but can also improve your physical health. With the arrival of warm weather and the sense of renewal spring brings opportunities to renew one's passion – For LIFE!

A personal passion can be anything that you enjoy doing, including:

**Baking and cooking—Being Active—Sports—Yoga—Collecting
Antiques/Stamps—Crafting—Creating—Music—Spending time Outdoors--
Fishing—Walking—Volunteering—Writing—Spending time with Family**

Many People find that having a passion provides them with a drive for self-improvement and a purpose, and that they experience increased feelings of happiness and positivity while performing the activity they are passionate about- feelings that stay with them long after they are finished with the activity. Feeling of happiness can also have an even greater impact on our overall health.

Some of the many physical benefits of pursuing your passion: Improved brain health, including memory and mental agility, Improved sleep quality, lower blood pressure, lower risk of heart disease, lower risk of stress, anxiety and depression (and the physical symptoms that go along with them.)

There is no denying that pursuing your passion can improve your overall health, however, how do you go about discovering what it is that ignites a fire inside of you? Psychology Today suggest following these 5 steps:

- Inventory your talents- what am I naturally good at?
- Notice when you lose track of time, or what activity it is that you hate to stop doing. Do more of that!
- Pay attention to what makes you jealous.
- See your passion hunt as a fun, joyful adventure!
- Think of what you loved to do as a child.

~ LET'S DO IT! ~



PATIO HOME AND GARDEN IDEAS

Choose the Right Containers: Elevated containers and planting beds are a wonderful option for anyone with limited mobility, because they make the plants easier to reach and tend. Or you can use regular pots, and just set them on a table, shelf, or stand. Self-watering containers can also be used, as they have reservoirs built in that reduce the frequency of watering. Pots or stands with wheels can also be very helpful.

Plan before you plant: Consider Amount of Sun, Type of Soil, what kind of fruit/veggies do you enjoy

Plant Selection: Choosing the right plants is probably the most critical factor in the success of your container garden. It's important to select plants that correspond to the light conditions where your container garden is located.

Maintenance: Once you've planted your gorgeous container garden, establish a watering schedule. The frequency will depend on how hot and sunny it is, the size and type of pots you have, and the plants you've chosen.



March Birthdays





Saint Patty's Party





More Saint Patty's Party Fun



REMINDER TO ALL



Please remember to lock your vehicles & don't leave any valuables in there.

Theft has been going on from time to time.