Exercise options available for residents to find their niche

Experts, studies, and even most people know that regular exercise offers health benefits. It’s a studied fact that only about 25% of seniors up to age 74 exercise regularly. That percentage number decreases as senior age increases.

Recognizing that exercise is an important piece of the puzzle in a person’s overall health, the Activity Department brought in some variety to the exercise options beginning in June.

“Variety is always good,” says Director of Nursing Cathie Diem. “You always want to stimulate your brain and have something different.”

From the top of a person’s heads to the tips of their toes, any exercise that raises heart rate improves circulation and has measurable brain benefits, as well.

Starting at the top, Cathie explains, “Exercise reduces dementia. It produces serotonin, a brain chemical that decreases depression. It also releases dopamine which improves mood.”

For the rest of the body, regular exercise, Cathie says, “It’s important for circulation to all of your extremities. People can reduce their risk of developing high blood pressure, stroke and heart attack. It helps fight off heart disease.”

Other exercise benefits include:
- Reducing the risk of falling
- Maintaining better bone health
- Improving confidence
- Helping people remain more independent
- Living longer

Sherwood offers Full Body Fitness, Sit and Be Fit, Exercise Balloon each morning, and an afternoon Walking Group.

“These are unique, daily exercises geared for older adults,” Cathie says. “There’s diversity, so it’s not the same thing every day. All of our residents are encouraged to participate and go at their own pace.”
Sherwood Outings

Olympic Lavender Company & Picnic — Wednesday, July 11 at 10:15 a.m. July in Sequim means lavender! Farm director Marco Hermosillo will give us a presentation about the farm, and all the products in which lavender is used. Afterward, we’ll enjoy a sack lunch and explore the farm.

Walmart Shopping — Wednesday, July 18 at 1:30 p.m. Whatever you need, from snacks to notions, Walmart has it. Come get what you need, or just enjoy an afternoon out browsing around the store.

If you need a few things, but don’t want to go to the store, please leave your list at the nurses’ station or with Christine in Activities.

Madison Falls Picnic — Wednesday, July 25 at 9:30 a.m. East of Port Angeles, along the Elwha River, there’s a beautiful, short trail that leads to Madison Falls. It’s the perfect place for a sack lunch. After lunch, we’ll make the short drive to enjoy the best ice cream on the peninsula at Granny’s Café.

Fun & Fitness

Exercise Balloon — Bounce the large balloon up and away! This exercise reaches and stretches arms and legs. Wednesdays and Saturdays at 10 a.m. in the Activity Room.

Full Body Fitness — Standing or sitting, these gentle exercises will work you from stem to stern. Sundays, Tuesdays, and Fridays at 10 a.m.

Sit and Be Fit — We’ll exercise along with you with the “Sit and Be Fit” series on DVD. These are gentle, seated exercises which will give you a great workout. Mondays and Thursdays at 10 a.m.

Walking Group — Starting from the Nurse’s Station, we’ll take a stroll around the building outside in good weather, or do a loop inside when the weather is not as nice. Sunday, Monday, Tuesday, then Thursday, Friday, Saturday at 1:15 p.m. Special time Tuesday, July 24 for an afternoon stroll at 3:15 p.m.

Be Creative!

Creative Writing With Judy
Monday, July 2 at 10:45 a.m. Everyone has a story! Discover your inner author and have an enjoyable time sharing your story and listening to other people’s tales.

Bird Sculpting — Parliament of Owls
Monday, July 9 at 10:45 a.m. Artist Catherine joins us this month to sculpt birds out of clay. Whether you’re a Parliament of Owls aficionado or just like to work with clay, this will be a great time of artistic creation.

Water Color with Bonita
Beginning class Tuesday, July 10 at 3:15 p.m. Advanced class Tuesday, July 17 at 3:15 p.m. Classes are in the Activity Room. Bonita helps each person flourish at their own speed with gentle guidance.

Arts and Crafts
Thursday, July 12 at 10:45 a.m. It’s all about the lavender! Following the outing to the lavender farm, we’ll make something fragrant and fun with the flowers we find at the farm.

Paint with Carrie
Tuesday, July 24 at 10:45 a.m. in the Activity Room. Guided instruction makes the process of painting fun and easy.

Baking up goodness in the kitchen
Tuesday, July 3 — Nothing’s more all American than Apple Pie! We’re baking up pie bites for the 4th of July Carnival.
Tuesday, July 17 — Snickerdoodles make everyone happy. We’ll bake up these happy cookies to enjoy with the Boys & Girls Club children at Read With Me the next day.
Both cooking creations begin at 10:45 a.m. in the Activity Room.
There’s something for everyone. Get up, get going, get involved!

**Men’s Group** — Monday, July 9 and 23 at 2 p.m. Time for the guys to enjoy good conversation and a cup of coffee.

**Women’s Group** — Saturday, July 7 and 21 at 10:30 a.m. in the Library. This group is open to the gals to get together to chit chat, and have a great time together.

**Second Chance Store** — The store is open at 1 p.m. on Tuesday and Thursday. Purchases can only be made with Sherwood Bucks. Ask Activities for more information.

**Resident Council Meeting** — Thursday, July 26 at 10:30 a.m. in the Activity Room. The resident council meets for you to bring your suggestions or concerns to the meeting.

**Project Linus** — Sunday, July 15 at 1:30 p.m. in the Activity Room. Join Phyllis to prepare and make blankets for children in need. Even if you can’t knit or sew, there’s still many helpful things you can do to help.

**Glasses cleaning with EJ** — Tuesday, July 10 at 2:30 p.m. EJ from Walmart Vision Center is here to spruce up your glasses. Get them cleaned, and adjusted.

**Canine Friends** — Thursday, July 26 at 3:15 p.m. in the Activity Room. Sweet dogs of all sizes come for cuddles. These dogs are just fun to interact with and fill you with the warm fuzzies.

**Documentary Presentation** — Saturday, July 7 and 21 in the Activity Room. *PBS Earth’s Natural Wonders* — Earth’s natural wonders are beautiful, but survival there takes bravery and ingenuity.

**Snacks and Trivia** — Sunday, July 1, 15, and 29 at 3:15 p.m. in the Activity Room. Tickle your taste buds and challenge your mind with trivia.

**Shelby Visits** — Group visit Monday, June July 2 in the Activity Room at 2 p.m. Room visits Monday, July 16 at 2 p.m. and July 30 at 3:15 p.m. Bill Littlejohn’s beautiful and loveable golden retriever, comes to share cuddles and smiles.

**Garden Group & Lemonade in the Kensington Courtyard** — Friday, July 13 and 27 at 10:30 a.m. See how our garden grows! Dig in the dirt and give the plants some TLC. The raised beds in the Kensington courtyard make gardening easy and fun. Don’t like gardening? Then come out for a refreshing glass of lemonade, get some sun and “supervise” the gardeners.

**Read With Me — Boys & Girls Club** — Wednesday, July 18 at 10:45 a.m. The children from The Boys & Girls Club are coming to read us stories in the Kensington Courtyard (weather permitting).

**Billiards at The Fifth** — The Sherwood Shooters head next door to shoot pool Tuesdays July 3, 10, 17, and 24 at 2 p.m. Then July 31 at 3:15 p.m. Want to play more? There are bonus rounds on Saturday, July 14 and 28 at 10:45 a.m.

**Library Outreach** — Enjoy all the North Olympic Peninsula Library System has to offer. See Activities for information on in-room delivery services.

**Popcorn and a Movie**

Now playing — current hits and Hollywood classics on our own big screen. Movies start at 2 p.m.

**July 7** — *The Rookie*. The true story of a middle aged high school coach who discovers it’s not too late for his baseball dreams to come true.

**July 28** — *Murder with Mirrors*. Miss Marple’s off on a who-dun-it adventure of Agatha Christie’s creation.

**Game Time!**

**Scrabble** — Sundays at 10:30 a.m.

**Phase 10** — Thursday, July 5 at 3:15 p.m. July 12, 19 and 26 at 2 p.m.

**Uno** — Monday, July 2 at 3 p.m.

**Birthday Bingo** — Thursday, July 19 at 10:45 p.m.

**Cribbage with Christine** — Tuesday, July 16 at 10:45 a.m.

**Rummikub** — Friday, July 6 at 2 p.m.

**Dice: Greed (or Bones)** — Tuesday, July 3 at 3:15 p.m. July 23 at 10:45 a.m.

**Spiritual Programs**

**Dungeness Valley Lutheran Church** — Sunday, July 1 at 2:00 p.m. in the Kensington Room.

**Catholic Mass** — Friday, July 6 at 10:30 a.m. in the Kensington Room.

**Assembly of God** — Sunday, July 8 at 3:15 p.m. in the Activity Room.

**Seventh Day Adventists** — Saturday, July 21 at 3:15 p.m. in the Activity Room.

**First Baptist Church** — Sunday, July 22 at 3 p.m. in the Kensington Room.
Eagle International Ministries
Sing-a-long — Thursday, July 5 at 10:45 a.m. Worship music with a Gospel message.

The Loves — Monday, July 5 at 2 p.m. Favorite tunes over the decades.

Mike Kuenzli — Friday, July 6 at 3:15 p.m. Contemporary guitar and ukulele.

The Secords — Monday, July 9 at 3:15 p.m. Country western duo.

Laff Pack — Tuesday, July 10 at 2 p.m. Clowning around with jokes and good time music.

The Sound Dogs — Friday, July 13 at 3:15 p.m. Traditional country.

Victor Von Reventflow — Monday, July 16 at 3:15 p.m. Country western favorites.

Two Sweet Violins — Friday, July 20 at 11 a.m. Violin instrumental.

Senior Singers — Monday, July 20 at 3:15 p.m. Timeless music from yesteryear.

Pianist Heidi Fivash — Monday, June 23 at 3:15 p.m. Classical piano.

Silver and Gold — Thursday, July 19 at 3:15 p.m. Country and contemporary — with cake for the birthday party.

Piano man Burke Garrett — Friday, July 27 at 2 p.m. Music from America’s songbook.

Buck Ellard — Tuesday, July 31 at 2 p.m. Country western.