

## Get Ready for Summer Bicycle Rides with Sequim Wheelers



Anne Mack enjoyed bicycling at Railroad Bridge Park with the Sequim Wheelers during last year's riding season.

Are you ready to soak up the sun, breathe in fresh air, and enjoy the scenic beauty of Sequim? Look no further! Sequim Wheelers is gearing up for another exciting season of adaptive bicycle rides along the Olympic Discovery Trail, and we want you to join us.

Thanks to the support of our incredible community, Sequim Wheelers now boasts a fleet of five adaptive bikes, including two wheelchair bikes, a side-by-side tandem, and a Trishaw. These specialized bicycles are designed to accommodate individuals who are unable to ride a traditional

bike due to physical limitations, allowing them to experience the joy of cycling firsthand.

Best of all, our rides are completely free of charge for participants. Serving the residents of Sherwood and the wider community, Sequim Wheelers welcomes you to join us for an hour of outdoor adventure and camaraderie.

The rides are scheduled to kick off in May, with outings planned for every other Wednesday at 2 p.m. The Duet and Opair bicycles have one rider with the Wheeler's pilot. The Tandem bicycle gives the rider the opportunity to peddle alongside the pilot for some added fun and exercise. The Trishaw style bicycle allows for two riders to sit together, perfect for enjoying the experience with friends or loved ones.

"We're hoping to begin the season with two riders out enjoying the Discovery Trail to Railroad Bridge Park and beyond," said Activity Director Christine

Springer. "We could expand with the Wheelers to make use of all their bikes and have five riders out at the same time as more people join in the program."

Ready to roll? Contact an activity team member today to obtain a Sequim Wheelers waiver and schedule your ride. Let's hit the trail together and make memories that will last a lifetime.

### *Blooms & Bites*



**Friday, April 26th  
at 2:00 p.m.**

**In the Activity Room**

Unleash your inner florist as Elko Wine and Sharon Psenak guide you through the art of flower arranging. Spaces are limited, so **RSVP today to secure your spot!**

# Get on the Bus!

Board the bus from the Activity Room.

Please note: Riders must be able to use the vehicle stairs — there is no lift.

## Walmart Shopping

Thursday, April 4 at 2:00 p.m. From notions to snacks, whatever you need, Walmart probably has it.

## Spring on the Peninsula Scenic Drive

Thursday, April 11 at 2 p.m. Hooray — it's SPRING!

Explore the beauty of the Sequim Valley blooming all around us.



## Lunch at Oak Table

Thursday, April 18 at 12 p.m. Known for their specialty entrees and cozy atmosphere, enjoy lunch at one of Sequim's favorite restaurants.

## Kitty City —

## Olympic Peninsula Humane Society

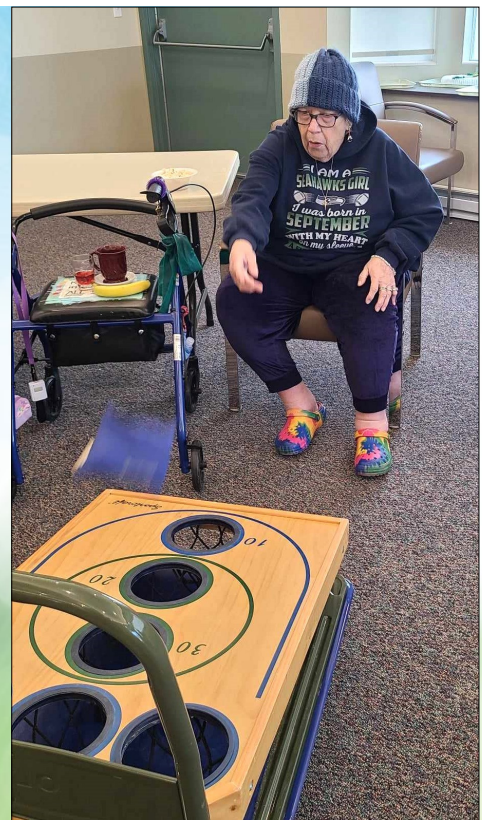
Thursday, April 25 at 2 p.m. See the loving care that OPHS gives their feline friends and all they do to prepare the cats for adoption to their fur-ever families.



## A Moment in Time

(Left) Dick Schoel (right) and Paul Rushfeldt (left) had a nice chat with Sherwood's lucky leprechaun Jacob at the "Going Green" Happy Hour.

(Right) Michelle Erickson takes her cornhole game very seriously as she aims for the big points on the board.



(Left) Good food and good company were plentiful during our lunch at Applebee's Restaurant.

# The Sherwood Scoop

**Dig in and find something interesting,  
entertaining, and informative!**

## Get Together

*The Grounds of Sherwood* — Wednesday, April 3 at 10:45 a.m. in the Windsor Room. Made to order espresso beverages and a variety of donuts for you to enjoy while conversing with friends in a relaxed, coffee shop atmosphere.

*BYOB Earth Day Happy Hour* — Friday, April 19 at 3:30 p.m. Get down to Earth with your friends and neighbors. Bring your own spirits or enjoy the provided non-alcohol selection.

## Exercise Programs

*Full Body Fitness* — Sundays, Tuesdays, and Fridays at 10 a.m. Gently stretch and move the muscle groups of your body from head to toe.

*Body & Brain Builders* — Mondays and Thursdays at 10 a.m. This exercise moves your body in gentle ways that will also challenge your gray matter.

*Exercise Balloon* — Wednesdays and Saturdays at 10 a.m. Reach and stretch to bat and kick the giant balloons.

*Seated Yoga, Tai Chi, and Zumba Gold* — check calendar for times. Follow along with the online instructors to energize your afternoons with these seated exercises in the Activity Room.

## Spiritual Programs

*Easter Worship Message and Music with Gary, Larry & Company* — Join us to celebrate the resurrection of Jesus Christ with a special message and wonderful music from members of the Sequim

Community Church Choir. They'll return on Wednesday, April 24 at 2 p.m. for their regular Worship Message & Music time.

*Bible Study with Dr. Regina* — Monday, April 8 at 2 p.m. in the Kensington Room. Take a spiritual journey through scripture.

*Dungeness Valley Mennonite Church Acapella Chorus* — Sunday, April 28 at 3 p.m. in the Activity Room.

*Holy Trinity Catholic Mass streaming online* — Sundays at 10:45 a.m. in the Activity Room.

*Protestant Services Streaming online* — Sundays at 3 p.m. in the Activity Room.

April 7 — Trinity United Methodist Church.

April 14 — Dungeness Community Church.

April 21 — Sequim Community Church.

**Read with Me** — Wednesday, April 10 at 3:45 p.m. in the Library. The Boys & Girls Club kids come to read stories to us and practice their reading skills while we enjoy a yummy snack.

## Resident Council Meeting

**Wednesday, April 24 at 10:45 a.m.**

Meet with your neighbors and bring your suggestions, comments, and concerns about life at

Sherwood  
Assisted  
Living.



## Music in April

**Easter Worship Message & Music with Gary, Larry & Company** (Gospel)— Monday, April 1 at 2 p.m.

**Celtic Fiddler Derek Stallman** — Wednesday, April 3 at 2 p.m.

**Dennis Blair** —(Folk/Variety) Wednesday, April 10 at 2 p.m. in the Activity Room.

**Washington Old Time Fiddlers** — Friday, April 19 at 2 p.m.

**Choral Bells** (Women's Ensemble) — Tuesday, April 30 at 2 p.m.

## South Hampton Music

**Pianist Isabelle Rose** — Tuesday, April 2 at 2:30 p.m.

**Hawaii Amore with Roma** — Tuesday, April 16 at 2:30 p.m.

**Country Artist Buck Ellard** — Tuesday, April 23.



## Brenda's Birds

Friday, April 5 at 2 p.m.

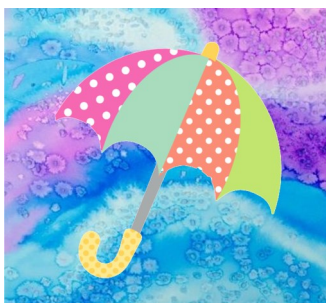
in the Activity Room.

Spend the afternoon with feather friends Buster and Ocean.



## Arts & Crafts April Showers

Friday, April 12 and Wednesday, April 17 at 2 p.m. in the Activity Room — Create a mixed media masterpiece using watercolor paints and paper crafts. This is a 2-part craft, so please make plans to attend both days.



## Relaxing with Colors

Monday, April 15, 22, and 29 at 2 p.m. — Coloring beautiful pictures is therapeutic, relieves stress, and works fine motor skills.



## NOW SHOWING

### Movie Matinee

Saturdays at 2 p.m. in the Activity Room

**To Catch a Thief**  
April 6 (1955 Mystery/Romance 1h 46m).

**The Miracle Club**  
April 13 (2023 PG-13 Drama/Comedy 1h 30m).

**Newsies**  
April 20 (2017 PG Drama/Broadway Musical 2h 14m).

**A Million Miles Away**  
April 27 (2001 PG Adventure/Comedy 2h 1m).

### Documentaries

Tuesdays at 3:30 p.m. in the Activity Room

**Nick Baker's Weird Creatures** — Join naturalist Nick Baker on a trek around the world seeking out the planet's strangest animals.

