

## Remember and honor our Veterans of the past and present

As Memorial Day approaches on Monday, May 27th, we at Sherwood Assisted Living pause to reflect on the profound significance of this day. Memorial Day is not just another holiday; it's a solemn occasion to honor the brave men and women who made the ultimate sacrifice in service to our nation.



Dick Schoel and granddaughters Devon (left) and Anna (right) Price admire the beautiful, hand-crafted quilt created by volunteer from the Quilts of Valor Foundation given in honor and appreciation of Dick's military service.

For many of us, Memorial Day stirs memories of loved ones, friends, and comrades who served in the military and are no longer with us. It's a day to cherish their memory and express gratitude for their selfless dedication to preserving freedom.

This Memorial Day, we also want to highlight the Quilts of Valor Foundation, an organization dedicated to honoring veterans touched by war. A Quilt of Valor is more than just a blanket; it's a tangible

symbol of appreciation and comfort for those who have served. If you know veterans who deserves this special recognition, you can nominate them for a Quilt of Valor at [QOVF.org/nominations-awards](http://QOVF.org/nominations-awards).

On Memorial Day, we will gather friends at 2 p.m. in the Activity Room taking a moment to remember and honor the brave souls who made the ultimate sacrifice for our country. Their courage and sacrifice will never be forgotten.

**Saturday, May 18**  
**at 2:30 p.m.**  
**in the Regent Dining Room**

Enjoy the timeless tunes of The King of Rock and Roll, brought to life by Seattle's award winning tribute artist Robbie Dee.

Savor delectable appetizers crafted by the talented chefs of Sherwood.  
Invite your friends and family  
— this event is open to all!

**EXPERIENCE**  
**ELVIS**  
A Rock & Roll Spectacular  
with  
**Robbie Dee**

## 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, May 2 at 2 p.m.  
From notions to snacks, whatever you need, Walmart probably has it.

### P.A. Fine Arts Center

Thursday, May 16 at 2 p.m. Artist Jyoti Duwadi explores nature's beauty and the precarious relationship between humans and the environment.

### Picnic Lunch at Dungeness River Nature Center

Thursday, May 23 at 12 p.m. Sherwood chefs have packed a sack lunch for us to enjoy in the fresh air and picturesque beauty alongside the Dungeness River.

### Sunny Sequim Scenic Drive

Thursday, May 30 at 2 p.m. Explore spring in our lovely location of the "Blue Hole."



## Feedback helps shape our community

At Sherwood Assisted Living, fostering a sense of community and ensuring residents' voices are heard are integral parts of our mission. We're excited to introduce three avenues for residents to come together, share their appreciation, voice new ideas, and address concerns.

**1. Town Hall Meetings** Join us on May 1 at 2 p.m. in the Activity Room for our inaugural Town Hall Meeting, where residents can meet Administrator Joann Boschke and engage in open dialogue about life at Sherwood. It's an opportunity to ask questions, share feedback, and connect directly with administration and department managers.

**2. Food Forum** Attention food enthusiasts! Mark your calendars for May 20 at 1:30 p.m. as our chefs gather for the Food Forum. Share your culinary preferences, offer compliments, provide critiques, and make special requests directly with our Dietary Manager. Your feedback shapes our menus!

**3. Resident Council Meeting** On May 29 at 10:45 a.m., join your fellow residents for our monthly Resident Council Meeting. This is your platform to speak freely about anything concerning Sherwood. We encourage active participation as we continue to seek a council president and secretary.

Your involvement and input are invaluable in making Sherwood Assisted Living a vibrant and supportive community. Let's come together to make our voices heard and enhance our shared living experience!



Gloria Onsum and Lana Bahnsen enjoy Blooms & Bites.

Al Swift and Pixie



# The Sherwood Scoop

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

## Get Together

*The Grounds of Sherwood* — Wednesday, May 1 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.

*Cheers to Moms BYOB Happy Hour* — Friday, May 10 at 3 p.m. in the Windsor Room. Everyone is welcome to celebrate our special ladies. Bring your own spirits or enjoy the provided non-alcohol selection.

*A Time of Remembrance* — Monday, May 27 at 2 p.m. We gather together to remember, honor and share stories about veterans close to our hearts that have passed before us.

## 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* — Wednesday, May 15 at 2 p.m. Share in a gospel message and sing along hymns.

*Bible Study with Dr. Regina* — Monday, May 13 at 2 p.m. in the Kensington Room. Take a spiritual journey through scripture.

*Dungeness Valley Mennonite Church Acapella Chorus* — Sunday, May 26 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. May 5 — Trinity United Methodist Church.

May 19 — Dungeness Community Church.

**Read with Me** — Wednesday, May 8 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.



Lena Hanshaw (middle) from the Boys & Girls Club shares a story with Lois Thomas (left) and Jannine Norvell (right) at Read with Me.



# Mother's Day Tea

Sunday, May 12 at 2 p.m.  
in the Activity Room

Join us for tea and light appetizers, music, and camaraderie as we share the joy mothers bring to

## Music in May In the Activity Room

**Country Artist Buck Ellard** — Friday, May 3 at 2 p.m.

**The Secords** — (Old Time Country) Monday, May 6 at 2 p.m.

**Accordion Extraordinaire Kip Tulin** — Thursday, May 9 at 2 p.m.

**Patty & Anna** — (Piano and Cello Duo) Wednesday, May 22 at 2 p.m.

**RD & Friends** — (Hawaiian Music and Dance) Friday, May 31 at 2 p.m.

## South Hampton Music

**Jazz Guitarist Brian Douglas** — Tuesday, May 14 at 2:30 p.m.

**Hawaii Amore with Roma** — Tuesday, May 21 at 2:30 p.m.

**Craig Buhler** — (Sax, Clarinet & Song) Tuesday, May 28.



### Arts & Crafts Poppy Wreath

Friday, May 17 and May 24 at 2 p.m. in the Activity Room — Craft a beautiful spring poppy wreath to commemorate Memorial Day. This is a 2-part craft, so please make plans to attend both days.



**Relaxing with Colors**  
Monday, May 13 and 27 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

**How to Steal a Million**  
May 4 (1966 Comedy/Romance 2h 3).

**Mother Teresa & Me**  
May 11 (2022 PG-13 Drama/Biography 2h 25m).

**Wonka**  
May 25 (2023 PG Adventure/Family 1h 56m).

### 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.

