

*Music is in
full bloom!
Come to the
Activity
Room
to sing along
with these talented musicians.*



Music in May at Sherwood

Peninsula College Jazz Vocal Ensemble — Friday, June 2 at 3 p.m. Talented young musicians from our local college will entertain you with these jazz favorites.

Olympic Christian School Kids — Tuesday, June 6 at 10:45 a.m. These youngsters are coming to entertain us with a few songs. We'll also spend some time visiting and getting acquainted with these wonderful students.

Laff Pack — Tuesday, June 13 at 3 p.m. in the Activity Room. These clowns are here to sing some songs and share in laughter.

The Messengers — Friday, May 9 at 2 p.m. This local women's group brings their choral music for a performance at Sherwood.

Threshold Singers — Monday, June 12 at 3 p.m. This is a sampling of music that people can have at their bedside. Families are invited to join in. This is a volunteer service for end of life.

Jim and Beth Wulff — Wednesday, June 14 at 10:45 a.m. Jazz music from the Big Band era, this duo will entertain you with these favorite tunes.

The Old Sidekicks — Wednesday, June 14 at 3 p.m. Always a favorite, they will entertain you with their vintage country, folk and bluegrass.

Silver and Gold — Thursday, June 15 at 3 p.m. Featured entertainment at the Birthday Party, this musical duo plays a mix of country and contemporary music.

Two Sweet Violins — Friday, June 16 at 10:30 a.m. This talented duo brings you beautiful instrumental music on the violin. They also share stories, good humor and some trivia about the songs.

Senior Singers — Friday, June 16 at 2:30 p.m. Sing along with this spunky chorus who always shows us a good time with the good old favorites we grew up with and love.

Buck Ellard — Tuesday, June 27 at 2 p.m. Tap your toes along to the country music of this singer and guitar player.

Set fitness goals for upcoming exercise outings to The Y

Sequim's YMCA is just around the corner from Sherwood. Starting in July, Sherwood's residents will be able to take advantage of all it has to offer in twice weekly outings to the fitness center. "There's a variety of exercise benefits from strength training to water aerobics," says Activity Director April Oldfield.

While in the planning stages, April did a quick survey of people to see if they would be interested in adding trips to The Y to their weekly routine. Adele Bertaud says, "I'm looking forward to using the exercise equipment. It's very easy to sit down, turn on the tube and do nothing. It will be good to go a couple days a week where I'm devoting myself to exercise.

Kelly Turbyfill is looking forward to getting back into the water with the aqua aerobics classes. "When SARC closed down, I didn't have any place to swim. I



missed being able to use the pool," he says.

The Y has a wide variety of exercise equipment and classes for people of all ages. New members can also take advantage of the "FitPass," which is an hour consultation with one of their physical trainers. The trainers hone in on the member's goals, their current level of fitness, make suggestions for classes and exercise programs, and teach people how to use the equipment. The FitPass is the perfect place to start for people

who are ready to make a commitment to adding exercise to their routine, but don't know quite how or where to start.

It's never too late in life to add in activity. "Exercise increases your cognitive abilities, circulatory function, mobility, strength, and improves cardio fitness," says April. "It also turns fat into muscles and helps you drop those few extra pounds you've found you've gained over the winter months."

April advises people who have any concerns to see the nurse or their doctor before beginning an exercise routine.

If you're ready for The Y, see April in Activities to get signed up to go starting in July. There's time to order a swim suit or get some gym sneakers if you need those items to get started. April can help get those shipped right to your door.

SHERWOOD ASSISTED LIVING JUNE ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Key: VO = Van Outing L = Library K = Kensington Room FR = Friendship Room L = Library C = Cascade Room AR= Activity Room</p>				<p>1 9:45 Mason's Coffee Klatch (VO) 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 Second Chance Store 2-4 In-Room Visit 2:00 Reader's Theatre 2:00 Uno 3:00 Baggo</p>	<p>2 9:30 Full Body Fitness 10:30 Catholic Mass (K) 12-1 Dining Room Games 2:00-4:00 Share Your Story Group (C) 3:00 Peninsula College Jazz Vocal Ensemble</p>	<p>3 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Yarn & Stitch Club (L) 1-3:45 In-Room Visit 4:00 Bible Study with Betty (FR)</p>
<p>4 10:00 Exercise Balloon 10:45 Scrabble 1:30 Movie & Popcorn "Johnny English Reborn"</p>	<p>5 10:00 Full Body Fitness 10:45 Overhead Games 2:00 Shelby Visits Rooms 3:00 Spoon Lessons With Laff Pack</p>	<p>6 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Olympic Christian School Kids 1:00 Second Chance Store 2:00 Sit & Tap Class 3:15 Tai Ji Quan -Balance Training</p>	<p>7 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Skipbo 2:00 Shop Walmart (VO) 3:00 Whoga (C)</p>	<p>8 Library Outreach 9:45 Mason's Coffee Klatch (VO) 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 Second Chance Store 2:00 Sequence 3:00 Tai Ji Quan - Balance Training (K)</p>	<p>9 9:30 Walkee Talkie 10:00 Full Body Fitness 11:00 Men's Club 12-1 Dining Room Games 2:00 The Messengers 3:00 Phase 10 4:00 Whoga</p>	<p>10 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Yarn & Stitch Club (L) 1:30 Project Linus 1-3:45 In-Room Visit 4:00 Bible Study with Betty (FR)</p>
<p>11 10:00 Balloon Exercise 10:45 Scrabble 2:00 Ice Cream and Trivia 3:00 Assembly of God Church Service</p>	<p>12 9:30 Walkee Talkie 10:00 Full Body Fitness 11:00 Overhead Games 2:00 Shelby Visits Rooms 3:00 Threshold Singers</p>	<p>13 10:00 Watercolor with Bonita 1:00 Second Chance Store 2:30 Walmart Vision Center Outreach (C) 3:00 Laff Pack</p>	<p>14 Flag Day 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Jim & Beth Wulff 2:00 Dice 3:00 The Old Sidekicks</p>	<p>15 9:45 Mason's Coffee Klatch (VO) 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 Second Chance Store 1-2:30 In-Room Visit 2:00 Sequence 3:00 Tai Ji Quan - Balance Training (K) 3:00 Silver and Gold Birthday Party</p>	<p>16 9:30 Walkee Talkie 10:00 Full Body Fitness 10:30 Two Sweet Violins 12-1 Dining Room Games 1:00 Phase 10 2:30 Senior Singers</p>	<p>17 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Yarn & Stitch Club (L) 1-3:45 In-Room Visit 4:00 Bible Study with Betty (FR)</p>
<p>18 Father's Day 10:00 Exercise Balloon 10:45 Scrabble 11:30 Men's "Surf & Turf" Lunch at Mariners Café (VO) 2:00 Ice Cream and Trivia HAPPY FATHER'S DAY!</p>	<p>19 10:00 Creative Writing with Judy 2:00 Shelby visits Rooms 3:00 Parliament of Owls "Game Farm Trip" (VO)</p>	<p>20 10:00 Full Body Fitness 10:15 The Lodge Connection (K) 1:00 Second Chance Store 2:00 Reader's Theatre Dress rehearsal 3:00 Advanced Watercolor with Bonita (C)</p>	<p>21 9:30 Father's Day Fishing Trip & Cook Out/Picnic To Lake Le-land</p>	<p>22 Library Outreach 9:45 Mason's Coffee Klatch (VO) 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 Second Chance Store 1-2:30 In-Room Visit 2:00 Readers Theatre Dress rehearsal 3:00 Canine Friends 3:00 Tai Ji Quan - Balance Training (k)</p>	<p>23 9:30 Walkee Talkie 10:00 Full Body Fitness 11:00 Men's Club 12-1 Dining Room Games 1:00 Phase 10 2:00 Beverage & Conversation 3:00 Whoga</p>	<p>24 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Yarn & Stitch Club (L) 1-3:45 In-Room Visit 4:00 Bible Study with Betty (FR)</p>
<p>25 10:00 Exercise Balloon 10:45 Scrabble 2:00 Ice Cream and Trivia 3:00 First Baptist Church</p>	<p>26 10:00 Full Body Fitness 10:45 Overhead Games 2:00 Shelby Visits Rooms 3:30 Whoga</p>	<p>27 10:00 Paint with ?? 1:00 Second Chance Store 2:00 Buck Ellard 3:30 Tai Ji Quan -Balance Training</p>	<p>28 9:30 Walkee Talkie 10:00 Full Body Fitness 10:45 Resident Council Meeting 2:30 Reader's Theatre Presents "A Tidbit of Humor"</p>	<p>29 9:45 Mason's Coffee Klatch (VO) 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 Second Chance Store 1-2:30 In-Room Visit 2:45 Karaoke with Patty 3:00 Tai Ji Quan - Balance Training (K)</p>	<p>30 9:30 Walkee Talkie 10:00 Full Body Fitness 2:30 Beverage - Talk about the Old Days!</p>	