



Sherwood House

Independent Retirement Living with Supportive Services

August 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:30 Crib	2 9:30 Zumba Gold Fitness	3 11:00 Therapy Dogs	4 2:00 Scrabble
5 1:30 Movie & Popcorn	6 BC Day CIVIC Holiday 1:30 Movie & Popcorn	7 10:00 Chair Exercises 1:45 Rummy	8 1:30 Crib	9 9:30 Zumba Gold Fitness	10 2:00 Bingo	11 2:00 Scrabble
12 1:30 Movie & Popcorn	13 6:30 Cam Stiles Duo "The Hellcats"	14 10:00 Chair Exercises 1:45 Rummy	15 1:30 Crib	16 10:00 Chair Exercises 2:00 Ice Cream Social with Silver & Gold	17 2:00 Bingo	18 2:00 Scrabble
19 1:30 Movie & Popcorn	20 2:00 Show & Tell HUG DAY	21 10:00 Exercises 1:45 Rummy	22 1:30 Crib	23 10:00 Exercises 2:00 Wine & Cheese with Sweet Potato Brown	24 3:00 Cowichan Lake Tenors Tenors	25 2:00 Bingo
26 1:30 Movie & Popcorn	27 HAT DAY	28 10:00 Exercises 1:45 Rummy	29 1:30 Crib	30 2:00 Birthday Party with Brian & Cate	31 2:00 Bingo	