

December 2025



Sherwood House
Independent Retirement Living with Supportive Services

January '26						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30  2:00 Movie & Popcorn	1 9:30 Exercise 2Pm More Christmas Crafts	2 9:30 Exercise 10:30 AM Duncan Coral Singers 12:30 PM Sweet Soles Shoe Sale	3 9:30 Exercise 2:00 PM Serenade 	4 9:30 Exercise 2:00 PM K-Tones 3:30 Glamour Girls	5 9:30 Exercise 1:15 PM Book Club 	6 9:30 Exercises  2:00 Documentary
7  2:00 Movie & Popcorn	8 9:30am Exercise 2:00 PM Christmas Wine & Cheese 	9 10: am Chair Yoga 2:00 PM Island Spirit 	10 9:30 am Exercise 2Pm Stitch and Chat Residents Christmas Dinner	11 9:30 am Exercise 2:00 PM Heartsong Singers 	12 9:30am Exercise 1:15 PM Book Club	13 9:30 Exercises  2:00 Documentary
14  2:00 Movie & Popcorn	15 9:30am Exercise 2:00 PM Hot Coco Social & Ugly Christmas Sweater Day	16 10 am Chair Yoga 2:00 PM BINGO 6:30 PM Brass Wind & Rythm	17 9:30am Exercise 9:30 AM Khowhemun School Cuteness Overload 2:00 PM Stitch & Chat	18 9:30am Exercise 2:00 PM Brian & Cate  December Birthdays	19 9:30am Exercise 1:15 PM Book Club 	20 9:30 Exercises  2:00 Documentary
21  2:00 Movie & Popcorn	22 9:30am Exercise 2:00 PM Bingo	23 10 am Chair Yoga 2:00 PM Residents Christmas Party Along With The Alf Carter Band	24 9:30am Exercise 2:00 PM Egg Nog Social Singing Christmas Carols and Stories	25 9:30am Exercise Merry Christmas 	26 9:30am Exercise 1:15 PM Book Club 	27 9:30 Exercises  2:00 Documentary
28  2:00 pm Movie & Popcorn	29 9:30am Exercise 2:00 PM Floor Games	30 10 am Chair Yoga 2:00 PM Music Bingo You think you know Music	31 9:30am Exercise 2:00 PM New Years Eve Party With The Alf Carter Band	1 	2	3
4	5	Notes 				280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com