

Sherwood House December Edition

Happy Birthday to you!

- David Ogilvy
- Gerry Masuda
- Heidi Herold
- Ethel Kirstiuk
- Marion Matthewman
- Audrey Prodohl



WELCOME:

Jean Willow
&
Wayne & Faye
Tuck

December's Events (Weekly Calendars are at Front Desk)

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	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	2	3
4	5	Notes				280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com

DECEMBER

UPDATE ON "SOCKS" CHARLES GORDON'S CAT

Being a resident at Sherwood House, a few suites from Charles Gordon and his cat "Socks", and having always been a "cat lover", I immediately attempted to connect with Socks and to give him a pat. But to no avail! Finally, after 3 months of daily attempts Socks "succumbed" and "allowed" me to pat him. It was immediately apparent whenever I walked toward him, and by first saying his name, with a rather haughty look in his eyes he was informing me that he was doing me a favour by letting me come near to him and succumb to a pat!

Charles was very pleased to see that Socks and I had become close friends and asked that if anything should happen to Charles would I be willing to care for Socks and I agreed.

Sadly, the opportunity to fulfill this agreement unexpectedly occurred during this past Thanksgiving weekend when Charles suddenly passed away and Socks unfortunately witnessed the passing and immediately went into hiding. After a few days he began to drink water and eventually started to eat again. And I had become very "attached" to Socks, once again he allowed me to pat him (just a little).

This temporary arrangement could not continue indefinitely, and a decision had to be made about where to find a caring/loving environment where Socks would again feel loved. An unexpected answer began to unfold when Ruby Coates, a server in the Sherwood House dining room, asked me where Socks would be moving as she had also befriended him and always visited with him on her lunch breaks.

We discussed possibilities but nothing definite was able to be decided upon other than contacting one of the cat rescue organizations here in Duncan. Ruby and I knew this could not or would not be accepted by Socks as he had been with Charles for so many years.

Ruby approached her family about having Socks come and live with them. There was a brief hesitancy about this idea by Ruby's father, but as soon he was told what few options were available, he immediately reversed his decision, and Socks had found a new home! Ruby's father arranged to drive to Sherwood House to bring Ruby, Socks and all Socks's familiar belongings to his new home!

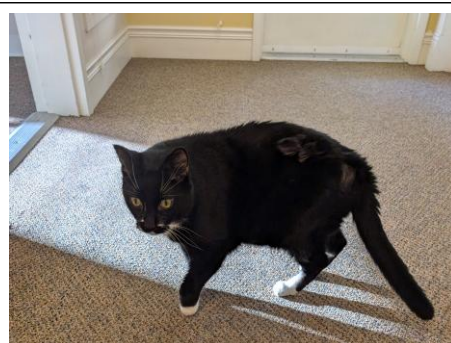
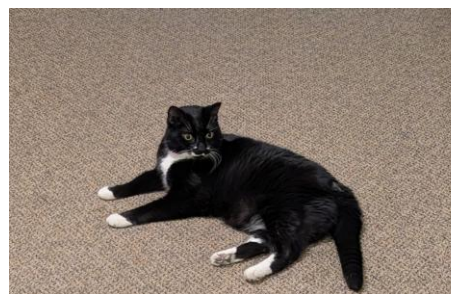
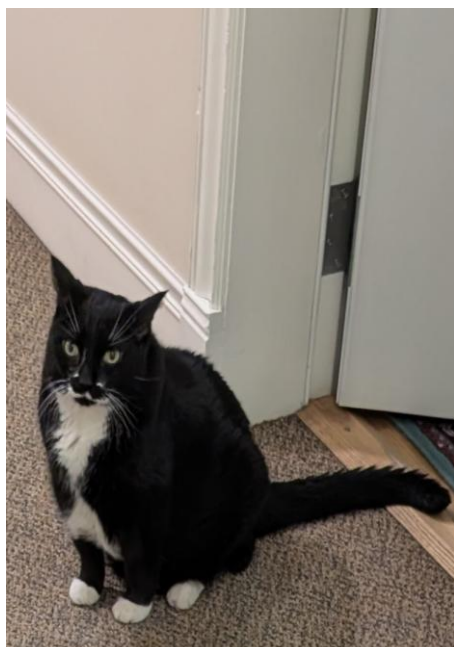
While packing his belongings I played a CD of Gregorian Chants, as Charles had always surrounded Socks with beautiful classical music, and I discovered Socks had lay directly in front of the CD player!

Valerie Gillis

From Ruby (Socks' New Mom!)

I'm so lucky to have been given the privilege to welcome Socks into my family. He is such a good furry friend and a very good boy. He has adjusted to his new home quite well, I would say. He loves his cuddles and so do I. Every morning, he comes to me to say hi and waits for his morning pets. He loves his affection and I'm so happy to give him a loving home. Socks is just the cutest boy!

Love Ruby Coates



NOW OPEN: A NEW COWICHAN

PRIMARY & URGENT CARE CENTRE

Located at 940 Government St.

People who need urgent (12-24hrs) access to primary care can call **1 (833) 688-8722** between 8 a.m. and 8 p.m., seven days a week, to book an appointment at the Cowichan UPCC, located at 940 Government St. in Duncan. The space includes a multi-cultural room, twelve patient-examination rooms and five patient-consultation rooms for mental-health and social worker support. As hiring progresses, people will be cared for by more than thirty full-time-equivalent health-care providers, such as family physicians, nurse practitioners, nurses, social workers, mental-health clinicians, administrative staff, and others.

Urgent and primary care centres (UPCCs) provide access to same-day, urgent, non-emergency health care. UPCCs are often open evenings, weekends and statutory holidays (*actual hours vary by clinic*). UPCCs are an alternative to visiting the hospital for issues that don't require emergency care.

Patients who require medical attention within 12 to 24 hours can receive care at UPCCs for conditions such as:

- High fevers
- Sprains and strains caused by minor accidents and falls
- Minor bleeding or cuts that require stitches
- Minor burns that may require care
- Mild to moderate breathing difficulty or asthma attacks
- Sinus, oral or lung infections
- Nausea, vomiting, diarrhea or constipation
- Skin conditions such as rashes or infections
- Minor allergic reactions
- Pain or burning when urinating
- Non-severe new or worsening pain
- New or worsening mental health concerns

This list is not exhaustive, and whether a UPCC is appropriate will depend on your specific situation.

Always prioritize your health and safety.





Call
8-1-1

Health advice 24/7

HealthLinkBC.ca



HealthLinkBC



8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.



**Merry
Christmas**

Theatre in the Community:



November 14 – December 21

Book by Thomas Meehan and Bob Martin

Music by Matthew Sklar | Lyrics by Chad Beguelin

Buddy the Elf, a cheerful and innocent soul raised in Santa's workshop, embarks on a whimsical journey to New York City in search of his biological father. Little does he know his father is on Santa's naughty list! This delightful and heartwarming musical rekindles the magic of Christmas and spreads joy and cheer for all to hear.

Chemainus Theatre.

Cowichan Performing Arts Centre presents

The Nutcracker



Experience the magic of *The Nutcracker* this holiday season with RCYB's annual full-length ballet. Featuring a cast of 100+ dedicated and enthusiastic dancers, this traditional ballet features Tchaikovsky's timeless score with beautiful sets and extravagant, colourful costumes.

**Saturday
Dec. 13, 2025
12pm & 4pm**

 COWICHAN
PERFORMING
ARTS CENTRE

The heart of Christmas

The holiday tradition returns! Journey with Winter Harp deep into the heart of Christmas — deep into that place of joy, hope and light.

Classical and Celtic harps combine with flutes, violin, fiddle, rare medieval instruments, percussion, poetry and song to wrap you snugly in the silken cloak of Christmas. Medieval carols, rare carols and familiar carols will have your heart singing.

Cowichan Performing Arts Centre presents

Winter Harp



**Sunday
Dec. 14, 2025
2pm**

 COWICHAN
PERFORMING
ARTS CENTRE

Cowichan Theatre Box Office 250-746-2722
For these shows and many more this season!
Why not give the gift of theatre?



Lila Music and Cari Burdett Present

Sold Out Every Year

10TH ANNUAL

A Community Favourite

WINTER SOLSTICE MUSIC

"I look forward to this concert every season. This is the highlight of my year."

"It's become a family tradition that we look forward to every year."

A joyful seasonal celebration shared across cultures, welcoming the returning light with award-winning artists and vibrant acoustic harmony









2025 Performances

SOOKE
Wed Dec 10th
Knox Presbyterian Church
2110 Church Rd.
Door 6:30pm / Show 7pm

LADYSMITH
Sun Dec 14th
First United Church
232 High St.
Door 6:30pm / Show 7pm

SALT SPRING
Thurs Dec 11th
All Saints United
110 Park Dr.
Door 6:30pm / Show 7pm

DUNCAN
Sat Dec 20th
St. Peter's Quamichan
5800 Church Rd.
Matinee: Door 2:30 / Show 3pm
Evening: Door 6:30pm / Show 7pm

CHEMAINUS
Fri Dec 12th
St. Michael & All Angels
Anglican Church
2852 - 58 Mill St.
Door 6:30pm / Show 7pm

VICTORIA
Sun Dec 21st
James Bay United
511 Michigan St.
Matinee: Door 2:30 / Show 3pm
Evening: Door 6:30pm / Show 7pm

Info & Online Tickets
cariburdett.com

Tickets: Regular - \$30
At the Door - \$35

A few low-income tickets are available - Contact Cari for info

Tickets sold online at Eventbrite.ca and at Volume One Books (for Duncan show only)

THANK YOU TO OUR SPONSORS












Cowichan Valley Voice • Volume One Books • Cherry Point Estate Wines • Red Barn Market
Frega-Sophia Waldorf Store • Duncan Garage Cafe • The Old Firehouse Wine Bar • Maya Norte
True Grain Cowichan Bay • Dinters Nursery • Tom Kral, Nature's Chef • Tom Lee Music

5% of all concert proceeds will be donated to Mischa Lelum, the new Cowichan Youth Emergency Shelter.



In the realm of 'you're never too old to learn'...

Last May, when Anne and I were planting the garden in the back, I sprinkled 4 packages of California poppy seeds in the small square, determined to get a great 'show'. Then we planted a dozen sunflower in the same plot, hoping to get more seeds 'for the birds' for winter.

As you know, the sunflowers grew tall and productive. The poppies all but disappeared. Turns out, sunflowers should not be underplanted with ANYTHING as they exude a natural herbicide preventing weeds and other plants from competing with resources... who knew?!?!

Gaye B.

BECOME A KETTLE VOLUNTEER



Call or email:
Chloe & Patrick
250-732-8988
250-510-7228

cowichanvalley.kettles@salvationarmy.ca