




















January 2026



Sherwood House
Independent Retirement Living with Supportive Services

February '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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28  2:00 Movie & Popcorn	29 9:30 Exercise 	30 9:30 Exercise 	31 9:30 Exercise 	1 9:30 Exercise  	2 9:30 Exercise 1:15 PM Book Club 	3 9:30 Exercises  2:00 Documentary
4  2:00 Movie & Popcorn	5 9:30am Exercise 2:00 PM Undecorating Sherwood House	6 10: am Chair Yoga 2:00 PM Home Care Presentation	7 9:30 am Exercise 2Pm Stitch and Chat	8 9:30 am Exercise 2:00 PM Andy McCormick 	9 9:30am Exercise 1:15 PM Book Club 	10 9:30 Exercises  2:00 Documentary
11  2:00 Movie & Popcorn	12 9:30am Exercise 2:00 PM Casual Chic Couture Clothing Sale	13 10 am Chair Yoga 10:30 AM Harmonica Band 2Pm Craft Afternoon	14 9:30am Exercise 2:00 PM Stitch and Chat 3:00 PM Fireside Chat With Patrick	15 9:30am Exercise 2:00 PM Alf Carter Band 	16 9:30am Exercise 1:15 PM Book Club 	17 9:30 Exercises  2:00 Documentary
18  2:00 Movie & Popcorn	19 9:30am Exercise 2:00 PM BINGO	20 10 am Chair Yoga 2:00 PM Mind Games	21 9:30am Exercise 2:00 PM Stitch and Chat	22 9:30am Exercise 2:00 PM Body and Soul 	23 9:30am Exercise 1:15 PM Book Club 	24 9:30 Exercises 1:30 Judy Hogg Highland Dancers 2:00 Documentary
25  2:00 pm Movie & Popcorn	26 9:30am Exercise 2:00 PM Western Day 	27 10 am Chair Yoga 11:00 AM Residents Meeting 2:00 PM BINGO	28 9:30am Exercise 2:00 PM Evergreen Choir 3:00 PM Fireside Chat With Patrick	29 9:30 am Exercise 2:00 PM Michael Holland 	30 9:30 am Exercise 	31 9:30 Exercise
1	2	Notes 				280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com