

February 2026



Sherwood House
Independent Retirement Living with Supportive Services

March '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
1  2:00 Movie & Popcorn	2 9:30 Exercise 2:00 PM Craft Afternoon 	3 10:00 Chair Yoga 2:00 PM Music Bingo 	4 9:30 Exercise 2PM Stitch and Chat 	5 9:30 Exercise 2:00 PM Malahat Musical Medicine Show 	6 9:30 Exercise 1:15 PM Book Club 	7 9 Am tai Chi  2:00 Documentary
8  2:00 Movie & Popcorn	9 9:30am Exercise 2:00 PM BINGO	10 10: am Chair Yoga 2:00 PM Home Care Presentation	11 9:30 am Exercise 2Pm Stitch and Chat 3:00 PM Fireside Chat With Patrick	12 9:30 am Exercise 2:00 PM Andy McCormick 	13 9:30am Exercise 1:15 PM Book Club 	14 9 Am Tai Chi  2:00 Documentary
15  2:00 Movie & Popcorn	16 9:30am Exercise 2:00 PM Heartsong Singers	17 10 am Chair Yoga 2Pm Floor Games	18 9:30am Exercise 2:00 PM Stitch and Chat 	19 9:30am Exercise 2:00 PM Alf Carter Band 	20 9:30am Exercise 1:15 PM Book Club 	21 9 Am Tai Chi  2:00 Documentary
22  2:00 Movie & Popcorn	23 9:30am Exercise 2:00 PM BINGO	24 10 am Chair Yoga 11:00 AM Residents Meeting 2:00 PM Wine & Cheese Happy Hour	25 9:30am Exercise 2:00 PM Stitch and Chat 3:00 PM Fireside Chat With Patrick	26 9:30am Exercise 2:00 PM Elvin Hedden  February Birthdays	27 9:30am Exercise 1:15 PM Book Club 	28 9 Am Tai Chi
1	2	3	4	5	6	7
8	9	Notes				280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com