

March 2026



Sherwood House
Independent Retirement Living with Supportive Services

April '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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  2:00 Movie & Popcorn	2 9:30 am Exercise 2:00 PM Spring Craft Scrapebooking Sherwood House 2025	3 9:30 am Chair Yoga 2:00 PM Root Beer Float Day 	4 9:30 am Exercise 2PM Stitch and Chat 	5 9:30 Am Exercise 2:00 PM Body & Soul 	6 9:30 am Exercise 1:15 PM Book Club 	7 9:30 Am Exercises  2:00 Documentary
8  2:00 Movie & Popcorn	9 9:30 am Exercise 2:00 PM  BINGO	10 9:30 am Chair Yoga 10:30 PM Harmonica Band 2:00 PM Birthday Celebration	11 9:30 am Exercise 2Pm Stitch and Chat 	12 9:30 am Exercise 2:00 PM Jan Mathews 	13 9:30 am Exercise 1:15 PM Book Club 	14 9:30 Am Exercises  2:00 Documentary
15  2:00 Movie & Popcorn	16 9:30 am Exercise 2:00 PM Craft Day Suncatchers	17 9:30 am Chair Yoga 10:30 AM Tuesday Morning Choir 2PM St Patrick Day Celebration	18 9:30 am Exercise 2:00 PM Stitch and Chat 	19 9:30 am Exercise 2:00 PM Alf Carter Band 	20 9:30 am Exercise 1:15 PM Book Club 	21 9:30 Am Exercise  2:00 Documentary
22  2:00 Movie & Popcorn	23 9:30 am Exercise 2:00 PM Mind Games	24 9:30 am Chair Yoga 2:00 PM Angelica Piano Recital	25 9:30 am Exercise 2:00 PM Stitch and Chat 	26 9:30am Exercise 2:00 PM Michael Holland  March Birthdays	27 9:30 am Exercise 1:15 PM Book Club 	28 9:30 Am Exercise  2 pm Documentary
29  2 pm Movie & Popcorn	30 9:30 am Exercise 2:00 PM George Brewsters 103rd Birthday Celebration	31 9:30 am Chair Yoga 2:00 PM 	1	2 Don't forget all activities are subject to Last minute Changes	3	4
5	6	Notes	280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com			