





















April 2026



Sherwood House
Independent Retirement Living with Supportive Services

May '26						
S	M	T	W	T	F	S
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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
29  2:00 Movie & Popcorn	30 9:30 am Exercise 2:00 PM	31 9:30 am Chair Yoga 2:00 PM	1 9:30 am Exercise 2PM Stitch and Chat 6:15 PM Writing & Share	2 9:30 am Exercise 2:00 PM Brian & Cate 	3 9:30 am Exercise 1:15 PM Book Club 	4 9:30 am Exercise  2:00 Documentary
5  2:00 Movie & Popcorn	6 9:30 am Exercise 2:00 PM Jam Factory 	7 9:30 am Chair Yoga 2:00 PM Mad Hatters Tea & Coffee Party	8 9:30 Fun with Ardele 2:00 PM Stitch and Chat 6:15 Writng & Share	9 9:30 am Exercise 2:00 PM Andy McCormick 	10 9:30 am Exercise 1:15 PM Book Club 	11 9:30 am Exercise  2:00 Documentary
12 2Pm Duncab Choral Singers	13 9:30 am Exercise 2:00 PM 	14 9:30 am Chair Yoga 2Pm Men's Afternoon Meeting in living room For future events for Men	15 9:30 am Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	16 9:30am Exercise 2:00 PM Alf Carter  Birthday Celebrations	17 9:30 am Exercise 1:15 PM Book Club 	18 9:30 am Exercise  2:00 Documentary
19  2:00 Movie & Popcorn	20 9:30 am Exercise 2:00 PM Spring Paint Afternoon	21 9:30 am Chair Yoga 2:00 PM Cider and Sunshine Afternoon Social	22 9:30 am Fun with Ardele 2:00 PM Stitch and Chat 6:15 PM Writing & Share	23 9:30 am Exercise 2:00 PM Heartsong Singers in Main Living Room	24 9:30 am Exercise 1:15 PM Book Club 	25 9:30 am Exercise  2 pm Documentary
26  2 pm Movie & Popcorn	27 9:30 am Exercise 2:00 PM Games	28 9:30 Chair Yoga 11:00 AM Residents Meeting 2:00 Pm 	29 9:30 am Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	30 9:30 am Exercise 2:00 PM Ken Kunz 	1	2
3	4	Notes 	280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com			