















May 2026



Sherwood House
Independent Retirement Living with Supportive Services

June '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	
26	27 9:30 am Exercise	28 9:30 am Chair Yoga	29 9:30 am Exercise	30 9:30 am Exercise	1 9:30 am Exercise 1:15 PM Book Club 	2 9:30 am Exercise  2:00 Documentary	
3  2:00 Movie & Popcorn	4 9:30 am Exercise 2:00 PM 	5 9:30 am Chair Yoga 2:00 PM Jam Factory 	6 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 Writng & Share	7 9:30 am Exercise 2:00 PM Just DANCE taking requests	8 9:30 am Exercise 1:15 PM Book Club 	9 9:30 am Exercise  2:00 Documentary	
10  2:00 PM Movie & Popcorn	11 9:30 am Exercise 2Pm Mother's Day Special Everyone Welcome	12 9:30 am Chair Yoga 10:30 AM Harmonica Band 2Pm Serande Flute & Harp Men's Afternoon	13 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 AM Writing & Share	14 9:30am Exercise 2:00 PM Andy McCormick Nick Delange 100th Birthday All May Birthdays	15 9:30 am Exercise 1:15 PM Book Club 	16 9:30 am Exercise  2:00 Documentary	
17  2:00 Movie & Popcorn	18 9:30 am Exercise Victoria Day Laurie Off	19 9:30 am Chair Yoga 2:00 PM Spring Talent Show & Tell	20 9:30 am Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	21 9:30 am Exercise 2:00 PM Alf Carter Band 	22 9:30 am Exercise 1:15 PM Book Club 	23 9:30 am Exercise  2 pm Documentary	
24  2 pm Movie & Popcorn	25 9:30 am Exercise 2:00 PM 	26 9:30 Chair Yoga 11:00 AM Residents Meeting 6:30 PM Brass Wind & Rhythm	27 9:30 am Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	28 9:30 am Exercise 2:00 PM Ken Kunz 	29 9:30 Exercise 1:15 PM Book Club 	30 9:30 am Exercise 2:00 PM Medford Singers	
31	1	Notes				280 Government Street, Duncan BC V9L 0B5	



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