























June 2026



Sherwood House
Independent Retirement Living with Supportive Services

July '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
31	1 9:30 Exercise 2:00 PM Blackjack Bingo Come Play	2 9:30 Chair Yoga 2:00 PM Jam Factory 	3 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 	4 9:30 Exercise 2:00 PM Brian & Cate 	5 9:30 Exercise 1:15 PM Book Club 	6 9:30 Exercises  2:00 Documentary
7  2:00 Movie & Popcorn	8 9:30am Exercise 2:00 PM 	9 10: am Chair Yoga 2:00 PM Strawberry Shortcake Party	10 9:30 Fun with Ardele 2Pm Stitch and Chat Evergreen Choir	11 9:30 am Exercise 2:00 PM Andy McCormick 	12 9:30am Exercise 1:15 PM Book Club 	13 9:30 Exercises  2:00 Documentary
14  2:00 Movie & Popcorn	15 9:30am Exercise 2:00 PM Casual Chic Couture Clothing Sale	16 10 am Chair Yoga 3:00 PM 1960's Soc Hop Root beer floats 60's music	17 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 	18 9:30am Exercise 2:00 PM Alf Carter Band  June Birthdays	19 9:30am Exercise 1:15 PM Book Club 	20 9:30 Exercises  2:00 Documentary
21  2:00 Movie & Popcorn	22 9:30am Exercise 2:00 PM Fathers Day Celebration Beer, Horse racing Mini Golf	23 10 am Chair Yoga 2:00 PM  Gentlemens Round Table	24 9:30am Fun with Ardelle 2:00 PM Stitch and Chat	25 9:30am Exercise 2:00 PM Just Dance Requests 	26 9:30am Exercise 1:15 PM Book Club 	27 9:30 Exercises  2:00 Documentary
28  2:00 pm Movie & Popcorn	29 9:30am Exercise 2:00 PM 	30 10 am Chair Yoga 11:00 AM Residents Meeting 	1 9:30am Exercise	2 9:30 am Exercise	3 9:30 am Exercise	4 9:30 Exercise

Noti



280 Government Street,
Duncan BC V9L 0B5
Telephone: (250) 737-1458
Facsimile: (250) 737-1459
info@sherwood-house.com