

July 2026



Sherwood House
Independent Retirement Living with Supportive Services

August '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
28  2:00 Movie & Popcorn	29 9:30 am Exercise 2:00 PM Beginning of Summer Mind Games	30 9:30 am Chair Yoga 2:00 PM 	1 9:30 am Fun With Ardelle 	2 9:30 am Exercise 2:00 PM Entertainer Ken Kunz	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 Beginning of Summer Mind Games	7 9:30 am Chair Yoga 2:00 PM 	8 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 Writng & Share	9 9:30 am Exercise 11:15 AM Fall Protection 2:00 PM Just Jim	10 9:30 am Exercise 1:15 PM Book Club 	11 9:30 am Exercise  2:00 Documentary
12  2:00 PM Movie & Popcorn	13 9:30 am Exercise 2Pm Beach Party 	14 9:30 am Chair Yoga 2:00 PM Wine Social 	15 9:30 Exercise 2:00 PM Stitch and Chat 6:15 AM Writing & Share	16 9:30am Exercise 2:00 PM Alf Carter  July Birthdays	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 	21 9:30 am Chair Yoga 2:00 PM National Ice Cream Day	22 9:30 am Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	23 9:30 am Exercise 11:15 AM Fall Protection 2:pm Just Dance	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 Summer Craft	28 9:30 Chair Yoga 11:00 AM Residents Meeting 2:00 Pm Inside Floor Games	29 9:30 am Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	30 9:30 am Exercise 2:00 PM Swing Band 	31 9:30 Exercise 1:15 PM Book Club 	1 9:30 am Exercise 2:00 PM 
2	3	Notes 			280 Government Street, Duncan BC V9L 0B5	