

SHERWOOD HOUSE JULY EDITION

Happy Birthday to You!

Happy Birthday Canada
Fête du Canada

♥ Gaye Benson

♥ Don Unger

♥ Judy Bohay

♥ June Gibas



Warm Welcome To:

😊 Mimi Hayes

Farewell To:

❖ Shirley Bain

❖ Eleanor Gecseg

JULY'S SPECIAL ACTIVITY DAYS

- July 1st – Happy Canada Day!
- July 2nd – Entertainer Ken Kunz
- July 6th – Beginning of Summer Mind Games
- July 7th – BINGO
- July 9th – 11:15am – Fall Protection, 2:00pm – Just Jim
- July 13th – Beach Party
- July 14th – Wine Social
- July 16th – Alf Carter & July Birthday's
- July 20th – BINGO
- July 21st – National Ice Cream Day
- July 23rd – 11:15am – Fall Protection, 2:00pm – Just Dance
- July 27th – Summer Craft
- July 28th – 11:00am - Residents Meeting
 - 2:00pm – Inside Floor Games
- July 30th – Swing Band

SUMMER IS HERE and this has many of us excited about getting out and enjoying all the season has to offer. Summer is also a great time to enjoy the extra health benefits that come with the warm, sunny season. With the abundance of sunshine, we have the luxury of obtaining and replenishing our Vitamin D amounts. Vitamin D strengthens your immune system, plays a key role in cancer prevention, bone strength and building metabolism and overall good emotional health.

Additionally, this is the season when we can enjoy abundant, fresh, local fruits and vegetables. Local farms or farmers markets provide us with organic and local produce.

Another key area to our health is fresh air, and with most of us living indoors 90% of our lives, we simply do not get enough. Whether its family picnics, gardening, fun activities, walks, or just being in the atmosphere of the warm, summer sun-infuse yourself with the natural "HAPPY" state that is abundant at this time! So, remember to stay well hydrated with fresh water, enjoy the sun sensibly and simply have fun!



REFRESH Cowichan Marketplace – The only downtown Duncan Grocery Store

<https://refreshcowichan.ca/> a dignified and inclusive grocery store that offers affordable fresh produce, pantry staples, organic dairy products, as well as a line of homemade frozen meals, soups, and desserts. We are in the heart of Duncan, The Station building at 360 Duncan Street.

A Short Walk away just past the Train Station, beside the Duncan Garage Bakery.

Duncan Farmers Market- All year 9am to 2pm Beside City Hall (The building with the clock on top) only 2 blocks away! The market offers a full array of produce, in-season fruit, honey, eggs, cheese, meat, seafood, wines and spirits, baked goods, plants and flowers, amazing local artisan creations,

pastas, jams, pickles, and more!

DON'T FORGET, FREE Music in the park DAILY June 26 – Aug 3, 2026



Walking distance for many!



Outdoor Art Market

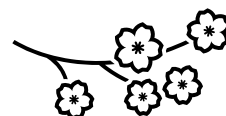
July 25th, 2026

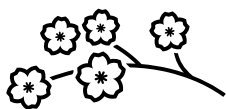
Station Street

10 AM – 3 PM



Strawberry Shortcake Tea Party Social





Strawberry Shortcake
Tea Party Social

