

August 2026



Sherwood House
Independent Retirement Living with Supportive Services

September '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	28	29	30	31	1 9:30 am Exercise  2:00 Documentary
2  2:00 Movie & Popcorn	3 9:30 am Exercise 2:00 PM B.C Day Holiday 	4 9:30 am Chair Yoga 2:00 PM  Gentlemen's Round Table Meeting	5 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 Writng & Share	6 9:30 am Exercise 11:15 AM Fall Pervention 2:00 PM Ken Kunz	7 9:30 am Exercise 1:15 PM Book Club 	8 9:30 am Exercise  2:00 Documentary
9  2:00 PM Movie & Popcorn	10 9:30 am Exercise 2Pm Inside Scavenger Hunt	11 9:30 am Chair Yoga 2:00 PM Blackjack Bingo	12 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 AM Writing & Share	13 9:30am Exercise 2:00 PM Entertainer Larry Alexender	14 9:30 am Exercise 1:15 PM Book Club 	15 9:30 am Exercise  2:00 Documentary
16  2:00 Movie & Popcorn	17 9:30 am Exercise 2:00 PM 	18 9:30 am Chair Yoga 2:00 PM Mind games Gentlemen's Round Table Meeting	19 9:30 am Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	20 9:30 am Exercise 11:15 AM Fall Prevention 2:pm Alf Carter	21 9:30 am Exercise 1:15 PM Book Club 	22 9:30 am Exercise  2 pm Documentary
23  2 pm Movie & Popcorn	24 9:30 am Exercise 2:00 PM Cool Summer Afternoon Drink Social	25 9:30 Chair Yoga 2:00 PM Complimentary Eye Health Info From FYI DRs.	26 9:30 am Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	27 9:30 am Exercise 2:00 PM Block Party Next door Live Music	28 9:30 Exercise 1:15 PM Book Club 	29 9:30 am Exercise 2:00 PM 
30	31 9:30 Exercises 2:00 PM	Notes 				280 Government Street, Duncan BC V9L 0B5



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