

SHERWOOD HOUSE SEPTEMBER

Happy Birthday to YOU!

🌈 Ron Ogilvie
🌈 Andy Bohay
🌈 Pat Lindberg



Warm Welcome to:

❖ Ross Bulley

Farewell to:

❖ Pat Gallant
❖ Beverly McKinlay



ACTIVITIES

Sept 1st – 2:00pm – Fall Potato & Western Day

Sept 3rd – 11:15am – Fall Prevention – 2:00pm – Just Jim

Sept 8th – 2:00pm – Labor Day Social – Gentlemen's Round Table Meeting

Sept 10th – 2:00pm – Brian & Cate

Sept 14th – 11:00am – 2:00pm – Casual Chic Clothing Sale

Sept 15th – 2:00pm – Terry Fox Walk, Push, or Ride

Sept 17th – 11:15am – Fall Prevention – 2:00pm – Alf Carter Band – September Birthdays

Sept 21st – 2:00pm – Autumn Crafts

Sept 22nd – 10:30am – Harmonica Band – 2:00pm – Decorate – Gentlemen's Round Table Meeting

Sept 24th – 2:00pm – Andy McCormick

Sept 28th – 2:00pm - BINGO

Community Activities in September

The Valley Seniors Organization of Duncan is a very active activity centre for people 55 years of age and up. Our yearly membership fee is \$30.00 and all activities except for the evening dances are included in that fee.

Activities Include:

- ◆ Bingo
- ◆ Bus Trips
- ◆ Choir, Ukelele, & Singalongs
- ◆ Crafts
- ◆ Carpet Bowling
- ◆ Shuffleboard
- ◆ Dance, Dining & so much more!



HOURS

We are open Monday thru Friday
from 8:00AM to 3:00PM.

Saturday from 8:00AM to 1:00PM.

250-746-4433

Located beside Wedgwood House



HANDI DART

Has a new phone number!

Contact: Leanne

250-597-1130

Forms are available at Sherwood's Front Desk

MEAL CHANGE REMINDER

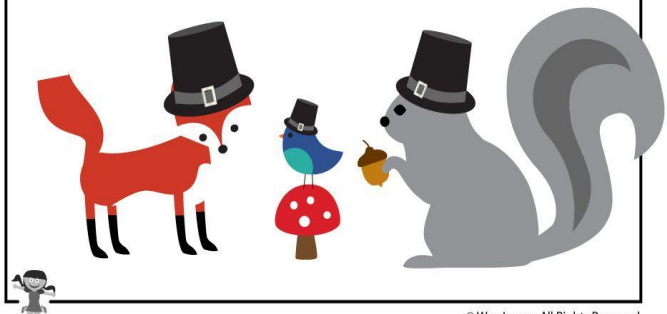
Any changes must be made prior
to **10:00am** for lunch or **3:00pm**
for dinner.



September is Here

by Lenore Hetrick

School bells ringing in the morning,
Little girls in fresh print gowns.
Little boys playing together
Some acting like wild circus clowns.
From the trees the red leaves falling,
Wild geese flying overhead,
The squirrels hiding countless nuts
In their secret, wintry bed.
All these signs point just one way.
Their meaning to the world is clear.
September, first month of autumn,
Once again is reigning here.



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46th Annual Terry Fox Run

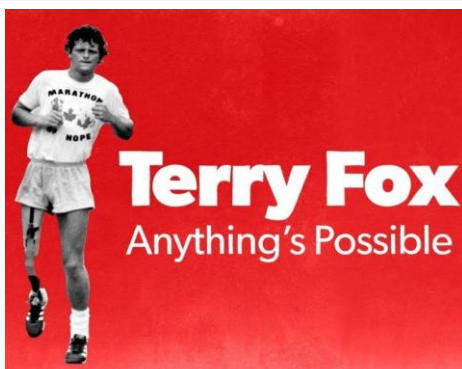
3rd Annual for Sherwood House

September 15th at 2pm

Sherwood House would like to invite everyone to come walk for as short, or as long a duration as you want, to help support Terry Fox Foundation. We will meet outside the front door at 2pm. You can walk, shuffle or roll in a wheelchair to raise money. Invite family and friends to join us and sponsor you! Donations can be made at front desk or online or directly to who you want to donate. Please encourage friends and family to donate and join us. If you have any questions, please contact Laurie at 250-709-7383.

All money will be given to Terry Fox Foundation.

There will be ice cream and cold drinks waiting for everyone who participates.



ANYTHING IS POSSIBLE IF YOU TRY.

Eighteen-year-old Terry Fox of Port Coquitlam, BC never saw himself as remarkable. Granted, he displayed an unusual determination to achieve the goals he set for himself, but his orbit was local – family, school, sports and friends. But Terry's cancer diagnosis of osteogenic sarcoma just above the knee, the subsequent amputation of his leg and experience in the cancer wards changed all that. A newly nurtured reservoir of compassion, combined with a fierce determination to bring an end to the suffering cancer causes, set Terry on a path that, quite simply, changed the world.

Terry's personal experience and research led him to a simple conclusion – more money was needed for cancer research. And so, in the modest but motivated style that would prove to be his trademark, Terry started training and planning for his cross-Canada run to raise funds for cancer research. He dipped his artificial leg in the Atlantic Ocean on April 12th, 1980, and proceeded to unite Canadians in a way never before, nor since, seen. The only thing that could have stopped Terry from reaching the Pacific Ocean did. Cancer returned in his lungs, and he was forced to stop on September 1st, 1980, after having run 5,373 kilometres.

Before his death on June 28, 1981, Terry had achieved his once unimaginable goal of \$1 from every Canadian. More importantly, he had set in motion the framework for an event, The Terry Fox Run, that would ignite cancer research in Canada, raising more than \$850 million since 1980, and bring hope and health to millions of Canadians.





NATIONAL DAY FOR TRUTH AND RECONCILIATION

SEPTEMBER 30

#OrangeShirtDay

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honors the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through legislative amendments made by Parliament.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, join Canadians as we wear orange to honor the thousands of Survivors of residential schools.



August Birthdays



MORE AUGUST MEMORIES







SAFETY REMINDER

If you use the stairs, please keep moving. Do not stop to contemplate, read, socialize, etc. while you are in the stairwells, please & thank you.



PRESENTS:

The KENNY & VALORI SHAW

**Happy
our
show**



**Good old fashioned
BOOMER HUMOR
& TOP HITS from the 50's, 60's & 70's**

SATURDAY, SEPTEMBER 26th, 2026

Doors Open 1:30pm

Showtime: 2:00pm

TICKETS \$30

Tickets go on sale JULY 26, 2026 – Don't miss out on the fun!
198 Government St, Duncan (250) 746-4433