

September 2026



Sherwood House
Independent Retirement Living with Supportive Services

October '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
30	31	1 9:30 Chair Yoga 2Pm Fall Potato AND Western Day	2 9.30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	3 9:30 Exercise 11:15 AM Fall Prevention 2:00 PM Just Jim	4 9:30 Exercise 1:15 PM Book Club 	5 9:30 am Exercise  2:00 Documentary
6  2:00 Movie & Popcorn	7 9:30 am Exercise 2:00 PM Happy <i>Labor Day</i>	8 9:30 am Chair Yoga 2:00 PM Labor Day Social Gentlemen's Round Table Meeting	9 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	10 9:30 am Exercise 2:00 PM Brian & Cate 	11 9:30 am Exercise 1:15 PM Book Club 	12 9:30 am Exercise  2:00 Documentary
13  2:00 PM Movie & Popcorn	14 9:30 am Exercise 11 -2 Pm Casual Chic Clothing Sale	15 9:30 am Chair Yoga 2:00 PM Terry Fox Walk Push or Ride	16 9:30 Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	17 9:30am Exercise 11:15 AM Fall Prevention 2:00 PM Alf Carter Band September Birthdays	18 9:30 am Exercise 1:15 PM Book Club 	19 9:30 am Exercise  2:00 Documentary
20  2:00 Movie & Popcorn	21 9:30 am Exercise 2:00 PM Autumn Crafts	22 9:30 am Chair Yoga 10:30 AM Harmonica Band 2Pm Decorate Gentlemen's Round Table Meeting	23 9:30 am Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	24 9:30 am Exercise 2:00 PM Andy McCormick 	25 9:30 am Exercise 1:15 PM Book Club 	26 9:30 am Exercise  2 pm Documentary
27  2 pm Movie & Popcorn	28 9:30 am Exercise 2:00 PM BINGO!	29 9:30 Chair Yoga 2:00Pm Mind Games	30 9:30 Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	1	2	3
4	5	Notes				280 Government Street, Duncan BC V9L 0B5

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