

October 2026



Sherwood House
Independent Retirement Living with Supportive Services

November '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
27	28	29	30	1 9:30 Exercise 11:15 AM Fall Prevention 2:00 PM Ken Kunz	2 9:30 Exercise 1:15 PM Book Club 	3 9:30 am Exercise
4  2:00 Movie & Popcorn	5 9:30 am Exercise 2:00 PM Dolly Parton Day Music -Movies Dress Up	6 9:30 am Chair Yoga 2:00 PM  Gentlemen's Round Table Meeting	7 9:30 Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	8 9:30 am Exercise 2:00 PM Entertainer Dave Gallent	9 9:30 am Exercise 1:15 PM Book Club 	10 9:30 am Exercise  2:00 Documentary
11  2:00 PM Movie & Popcorn	12 9:30 am Exercise <i>Happy Thanksgiving!</i>	13 9:30 am Chair Yoga 2:00 PM Talent Show & Tell	14 9:30 Exercise 2:00 PM Stitch and Chat 6:15 PM Writing & Share	15 9:30am Exercise 11:15 AM Fall Prevention 2:00 PM Alf Carter Himself	16 9:30 am Exercise 1:15 PM Book Club 	17 9:30 am Exercise 2:00 PM 7 day Adventist Choir
18  2:00 Movie & Popcorn	19 9:30 am Exercise 2:00 PM Paint Afternoon	20 9:30 am Chair Yoga 2:00 PM Flu Shot Followed By a Social	21 9:30 am Fun with Ardelle 2:00 PM Stitch and Chat 6:15 PM Writing & Share	22 9:30 am Exercise 2:00 PM HeartSong Singers  October Birthdays	23 9:30 am Exercise 1:15 PM Book Club 	24 9:30 am Exercise  2 pm Documentary
25  2 pm Movie & Popcorn	26 9:30 am Exercise 2:00 PM 	27 9:30 Chair Yoga 11:00 AM Residents Meeting 2:00 PM Mind Games	28 9:30 Ardelle 2:00 PM Stitch and Chat Evergreen Choir 6:15 Writing & Share	29 9:30 am Exercise 7:00 PM Halloween Party Dining Room dress in costume	30	31

1	2	Notes A decorative graphic for the month of October. It features the word "October" in a large, dark red, serif font. Below the text are two orange pumpkins with green stems, surrounded by a variety of autumn leaves in shades of red, orange, yellow, and green. 280 Government Street, Duncan BC V9L 0B5 Telephone: (250) 737-1458 Facsimile: (250) 737-1459 info@sherwood-house.com
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