

Norgarden September 2023 Activities



· SUNDAY · · MONDAY · · TUESDAY · · WEDNESDAY · · THURSDAY · · FRIDAY · · SATURDAY ·



Teatime 2pm
Mon – Friday & Sundays

10am-12pm - Knit and Chat 1
 1pm – **TRIVIA**
 Pick up at front desk take away package.

1:30pm - Movie Matinee 2
 Netflix Title: Netflix
Rescued by Ruby 1hr 33min

10am - Worship Service 3

10am - Exercise Class 4
 10am- Peninsula Kitchen Tour with Chef Shawn
 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Active Minds 5
 1pm - Carpet Bowling
 2:15pm – Social Cribbage
 5:15pm - Country West Theme Dinner

11am - Chair Yoga 6

 1pm - Bingo

11am – Exercise Class 7
 1:30pm – Crafts

10am-12pm - Knit and Chat 8
 1pm – **TRIVIA**

2pm - Western Entertainment by Vic G Guitar & Vocals

10am - Worship Service 10

10am - Exercise Class 11

 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Active Minds 12
 1pm - Carpet Bowling

 1:30pm – HearingLife Drop Off / Pick Up
 2:15pm – Social Cribbage

10am - Grocery Shuttle # 1 13
 Return Pickup at 11:30am
 2pm- Resident Birthday Tea Entertainment by Seabreeze

10:30am – J.O.Y Group Outing to The Prairie Inn 14
 11am – Exercise Class
 1:30pm – Crafts
 2:30pm – Men’s Coffee Talk at Norgarden

10am-12pm - Knit and Chat 15
 1pm – **TRIVIA**

1:30pm - Movie Matinee Netflix Title: Netflix
The Current War

10am - Worship Service 17

 1:30pm – 3pm Norgarden Book Club

10am - Exercise Class 18

 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Active Minds 19
 1pm - Carpet Bowling
 2:15pm – Social Cribbage
 3:30pm - Scenic Bus Drive
 5:15pm - Oktoberfest Theme Dinner

11am- Chair Yoga 20

 1pm – Bingo

11am – Exercise Class 21

 1:30pm – Crafts

10am -12pm - Knit and Chat 22
 10:30am – Men’s Group Outing to Brewskys
 1pm – **TRIVIA**
 Pick up package at Front Desk

1:30pm - Movie Matinee Netflix Title: Netflix
Two Weeks’ Notice

10am - Worship Service 24

 1:30pm – 3pm Norgarden Book Club

10am - Exercise Class 25

 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Active Minds 26
 10am – Hillside Mall Shopping
 Return Pick up at 1:30pm
 1pm - Carpet Bowling
 2:15pm – Social Cribbage

11am- Chair Yoga 27

 1pm – Bingo

10am- Grocery Shuttle # 2 28
 Return Pickup at 11:30am
 11am – Exercise Class
 1:30pm – Crafts

10am-12pm - Knit and Chat 29
 1pm – **TRIVIA**

1:30pm - Movie Matinee Netflix Title: Netflix
Kangaroo Valley