

# Norgarden November 2023 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Teatime 2pm Mon – Friday &amp; Sundays</p>		<p>11am - Chair Yoga 1</p> <p>1pm - Bingo</p>	<p>11am – Exercise Class 2</p> <p>1:30pm – Crafts - Poppies</p>	<p>10am-12pm - Knit and Chat 3</p> <p>1pm – TRIVIA</p>	<p>1:30pm - Movie Matinee 4 Pluto TV – I Saw The Light - The Story of Hank Williams</p>
<p>10am - Worship Service 5</p>	<p>10am – Peninsula Kitchen Tour 6</p> <p>10am - Exercise Class</p> <p>12:30pm - 4pm Chair Massage &amp; Reiki with Joanna Donald</p>	<p>10am – Active Minds 7</p> <p>10am - Grocery Shuttle # 1 Return Pickup at 11:30am</p> <p>1pm - Carpet Bowling</p> <p>2:15pm – Social Cribbage</p>	<p>11am - Chair Yoga 8</p> <p>1pm - Bingo</p>	<p>11am – Exercise Class 9</p> <p>1:30pm – Crafts</p>	<p>Purdys Residents' Deadline for Orders 10</p> <p>10am-12pm - Knit and Chat</p> <p>1pm – TRIVIA</p>	<p>Remembrance Day 11</p> <p>5:15pm -Remembrance Day Dinner</p>
<p>10am - Worship Service 12</p>	<p>10am - Exercise Class 13</p> <p>12:30pm - 4pm Chair Massage &amp; Reiki with Joanna Donald</p>	<p>10am – Active Minds 14</p> <p>1pm - Carpet Bowling</p> <p>2:15pm – Social Cribbage</p> <p>3:30pm - Scenic Bus Drive</p>	<p>11am - Chair Yoga 15</p> <p>1pm - Bingo</p>	<p>10:30am – J.O.Y Group Outing to : Zanzibar Café 16</p> <p>11am – Exercise Class</p> <p>1:30pm – Crafts</p>	<p>10am-12pm - Knit and Chat 17</p> <p>10:30am – Men's Group Outing to : Zanzibar Café</p> <p>1pm – TRIVIA</p>	<p>1:30pm - Movie Matinee 18 Netflix – 50 to 1</p>
<p>10am - Worship Service 19</p>	<p>10am - Exercise Class 20</p> <p>12:30pm - 4pm Chair Massage &amp; Reiki with Joanna Donald</p>	<p>10am – Active Minds 21</p> <p>1pm – Carpet Bowling</p> <p>2:15pm – Social Cribbage</p> <p>5:15pm – 50's Theme Dinner</p>	<p>2pm-Resident Birthday Tea Entertainment by Seabreeze 22</p>	<p>11am – Exercise Class 23</p> <p>2:30pm – Men's Coffee Talk at Norgarden</p> <p>1:30pm – Crafts</p>	<p>10am-12pm - Knit and Chat 24</p> <p>1pm – TRIVIA</p>	<p>1pm - Entertainment by Jesse Brown Vocals &amp; Piano 25</p>
<p>10am - Worship Service 26</p>	<p>10am - Exercise Class 27</p> <p>12:30pm - 4pm Chair Massage &amp; Reiki with Joanna Donald</p>	<p>10am – Active Minds 28</p> <p>10am – Hillside Mall Return Pick up at 1:30pm</p> <p>1pm - Carpet Bowling</p> <p>2:15pm – Social Cribbage</p>	<p>11am - Chair Yoga 29</p> <p>1pm - Bingo</p>	<p>10am - Grocery Shuttle # 2 Return Pickup at 11:30am</p> <p>11am – Exercise Class</p> <p>1:30pm – Crafts</p>		