

Norgarden July 2024 Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CANADA DAY</p>	<p>Canada Day 1 10am - Exercise Class 11:30am - Canada Day Parade See Poster for Details 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 5:15pm- Canada Day Theme Dinner </p>	<p>1pm - Carpet Bowling 2 2:15pm – Social Cribbage</p>	<p>11am - Chair Yoga 3 1pm – Bingo</p>	<p>11am – Exercise Class 4 1:30pm – Crafts </p>	<p>10am -12pm - Knit and Chat 5 1pm – TRIVIA 2pm - 2:30pm - Ice Cream Treats Available </p>	<p>1pm – 2pm Table Games 6 - Resident Led </p>
<p>10am - Worship Service 7 </p>	<p>10am - Exercise Class 8 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald</p>	<p>10am- Grocery Shuttle Return Pickup at 11:30am 9 1pm - Carpet Bowling 2:15pm – Social Cribbage</p>	<p>11am - Chair Yoga 10 1pm – Bingo </p>	<p>10:30am – J.O.Y Group 11 Outing to: The Waddling Dog Pub 11am – Exercise Class 1:30pm – Crafts </p>	<p>10am-12pm - Knit and Chat 12 1pm – TRIVIA 2pm– P.A.T.S. Visit with Karen & Stella </p>	<p>2pm – Vocal Entertainment by Stan Davies 13 </p>
<p>10am - Worship Service 14 </p>	<p>10am - Exercise Class 15 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald</p>	<p>1pm - Carpet Bowling 16 2:15pm – Social Cribbage</p>	<p>2pm- Norgarden Resident Birthday Tea Entertainment by Seabreeze </p>	<p>11am – Exercise Class 18 1:30pm – Crafts </p>	<p>10am-12pm - Knit and Chat 19 10:30am- Men’s Group Outing to: Waddling Dog 1pm – TRIVIA 2pm - 2:30pm - Ice Cream Treats Available </p>	<p>1pm – 2pm Table Games - Resident Led 20 </p>
<p>10am - Worship Service 21 </p>	<p>10am - Exercise Class 22 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald</p>	<p>1pm - Carpet Bowling 23 2:15pm – Social Cribbage 3:30pm - Scenic Bus Drive </p>	<p>10am - Chair Yoga 24 1pm – Bingo </p>	<p>10am- Grocery Shuttle Return Pickup at 11:30am 25 11am – Exercise Class 1:30pm – Crafts 2:30pm – Men’s Coffee & Chat Group at Norgarden 5:15pm- Hawaiian Theme Dinner </p>	<p>10am-12pm - Knit and Chat 26 12:45pm – TRIVIA 2:30pm Hawaiian Dancers </p>	<p>1pm – 2pm Table Games - Resident Led 27 </p>
<p>10am - Worship Service 28 </p>	<p>10am - Exercise Class 29 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald</p>	<p>10am – Hillside Mall 30 Return Pick up at 1:30pm 1pm - Carpet Bowling 2:15pm – Social Cribbage</p>	<p>9am – Chemainus Theater Ticket Holders Bus Departs 11am - Chair Yoga 1pm – Bingo</p>	<p> Teatime 2pm Daily </p>		

