

Norgarden September 2024 Activity Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|---|---|--|--|---|--|
| 10am - Worship Service 1 | Labour Day 2 10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | 1pm - Carpet Bowling 3 2:15pm - Cribbage 3:30pm - Scenic Bus Drive | 11am - Chair Yoga 4 1pm - Bingo | 11am - Exercise Class 5 1:30pm - Crafts | 10am -12pm - Knit and Chat 6 1pm - | 1pm - 2pm Table Games - Resident Led 7 |
| 10am - Worship Service 8 | 10am - Exercise Class 9 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | 10am - Grocery Shuttle 10 Return Pickup at 11:30am 1pm - Carpet Bowling 2:15pm - Social Cribbage | 11am - Chair Yoga 11 1pm - Bingo 5:15pm - Country Western Theme Dinner | 11am - JOY Group Outing to: Fireside Grill 12 11am - Exercise Class 1:30pm - Crafts | 10am -12pm - Knit and Chat 13 10:30am - Men's Outing to: Stonehouse Pub 1pm - | 1pm - 2pm Table Games - Resident Led 14 |
| 10am - Worship Service 15 | 10am - Exercise Class 16 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | 10am - Guest Speaker 17 Dean Mills Topic: Leatherback Turtle 1pm - Carpet Bowling | 2pm - Norgarden Resident Birthday Tea Entertainment by Vic G | 11am - Exercise Class 19 1:30pm - Crafts 2:30pm - Men's Coffee Chat | 10am -12pm - Knit and Chat 20 1pm - | 1pm - 2pm Table Games - Resident Led 21 |
| 10am - Worship Service 22 | 10am - Exercise Class 23 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | 10am - Hillside Mall 24 Return Pick up at 1:30pm 1pm - Carpet Bowling 2:15pm - Social Cribbage | 11am - Chair Yoga 25 1pm - Bingo | 10am - Grocery Shuttle 26 Return Pickup at 11:30am 11am - Exercise Class 1:30pm - Crafts 5:15pm - Oktoberfest Theme Dinner | 10am -12pm - Knit and Chat 27 1pm - 2pm - P.A.T.S. Visit with Karen & Stella | 2pm - Vocal Entertainment by Stan Davis 28 |
| 10am - Worship Service 29 | 10am - Exercise Class 30 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | <div style="display: flex; align-items: center; justify-content: space-between;"> <div style="text-align: center;"> <p>Teatime 2pm Daily</p> </div> </div> | | | | |