

Norgarden November 2024 Activity Calendar



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Teatime 2pm
Daily



10am - 12pm - Knit and Chat 1
1pm - TRIVIA

1pm - 2pm Table Games - Resident Led 2

10:30am - Worship Service 3

10am - Exercise Class 4

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

1pm - Carpet Bowling 5

2:15pm - Social Cribbage

11am - Chair Yoga 6

1:30pm - Bingo

★ 10am - Grocery Shuttle 7
Return Pickup at 11:30am
11am - Exercise Class
1:30pm - Crafts
5:15pm - Fifties Theme Dinner

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

1pm - 2pm Table Games - Resident Led 9

10:30am - Worship Service 10

Remembrance Day 11
10am - Exercise Class
10am - Kitchen Tour
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald
5:15pm - Remembrance Day Dinner

10am - Guest Speaker 12
Dean Mills Topic: Sea Otter's Banquet- Kelp Forests
1pm - Carpet Bowling
2:15pm - Social Cribbage

2pm - Norgarden Resident Birthday Tea 13
Entertainment by Seabreeze

★ 10:30am - J.O.Y Group 14
Outing to: Sea Glass
11am - Exercise Class
1:30pm - Crafts
2:30pm - Men's Coffee Chat

★ 11am - Visit to Canadian Tire Dollarama, Red Barn 15

10am - 12pm - Knit and Chat
1pm - TRIVIA

1pm - 2pm Table Games - Resident Led 16

10am - Kitchen Tour 17
10:30am - Worship Service

10am - Exercise Class 18
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

9:30am - Covid Booster and Flu Clinic 19

★ 2:15pm - Social Cribbage
3:30pm - Scenic Bus Drive

11am - Chair Yoga 20

1:30pm - Bingo

11am - Exercise Class 21

1:30pm - Crafts

10am - 12pm - Knit and Chat 22
★ 10:30am - Men's Group Outing to: Riva
12:45pm - TRIVIA
2pm - P.A.T.S. Visit with Karen & Stella

1:30pm - Weekend Entertainment by Jesse Brown on Piano 23

10:30am - Worship Service 24

10am - Exercise Class 25

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

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

11am - Chair Yoga 27

1:30pm - Bingo

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

10am - 12pm - Knit and Chat 29
12:45pm - TRIVIA

1pm - 2pm Table Games - Resident Led 30