































Norgarden January Activity Calendar 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Teatime 2pm Daily</p>		11am - Chair Yoga 1  1pm - Bingo	10am - Grocery Shuttle Return Pickup at 11:30am 2 11am - Exercise Class  2pm - 3pm Celebration of Life for Marny Lye	10am - 12pm - Knit and Chat 3 1pm - TRIVIA	1pm - 2pm Table Games - Resident Led 4 
10am - Worship Service 5 	10am - Exercise Class 6  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	10am - Guest Speaker 7 Dean Mills Topic: Humpback Whales  1pm - Carpet Bowling 2:15pm - Social Cribbage	11am - Chair Yoga 8  1pm - Bingo	11am - Exercise Class 9  1:30pm - Crafts	10am - 12pm - Knit and Chat 10 1pm - TRIVIA 2pm - Stella & Karen P.A.T.S Visit 	2pm - Entertainment 11 by Paul and Nelson Banks Guitar and Vocals 
10am - Worship Service 12 	10am - Exercise Class 13  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	1pm - Carpet Bowling 14  2:15pm - Social Cribbage	11am - Chair Yoga 15  1pm - Bingo	11am - Exercise Class 16 1:30pm - Crafts  2:30pm - Men's Coffee Chat	10:30pm - Gentlemen's 17 Group Outing to the Prairie Inn 10am - 12pm - Knit and Chat 1pm - TRIVIA	1pm - 2pm Table Games - Resident Led 18 
10am - Worship Service 19 	10am - Exercise Class 20  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	1pm - Carpet Bowling 21  2:15pm - Social Cribbage	2pm - Norgarden Resident Birthday Tea Entertainment by Island By's 	10:30am - J.O.Y Group 23 Outing to: Riva 11am - Exercise Class 1:30pm - Crafts 	10am - 12pm - Knit and Chat 24 12:45pm - TRIVIA 2:15pm - Robbie Burns Celebration 5:15pm - Robbie Burns Theme Dinner 	1pm - 2pm Table Games - Resident Led 25 
10am - Worship Service 26 	10am - One Hour Scenic 27 Bus Ride 10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	10am - Hillside Mall 28 Return Pick up at 1:30pm 1pm - Carpet Bowling 2:15pm - Social Cribbage 	Chinese New Year 29 11am - Chair Yoga 1pm - Bingo 5:15pm - Chinese New Year Theme Dinner 	10am - Grocery Shuttle Return Pickup at 11:30am 30 11am - Exercise Class  1:30pm - Crafts 	10am - 12pm - Knit and Chat 31 1pm - TRIVIA	