

The Norgarden August Activity Calendar 2025



· SUNDAY ·

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

· SATURDAY ·



Teatime Daily at 2pm



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



1pm – 2pm Table Games - Resident Led **2**



10am - Worship Service **3**



BC Day Holiday

10am - Exercise Class
12:30pm - 4pm Chair
Massage & Reiki with
Joanna Donald
5:15pm BC Day
Theme Dinner



1pm - Carpet Bowling **5**



2:15pm – Social Cribbage

11am - Chair Yoga **6**



1pm – Bingo



10am – Grocery Shuttle **7**

11am – Exercise Class
1:30pm – Crafts
5:15pm – Fifties
Theme Dinner



10am- 12pm Knit and Chat **8**

1pm- **TRIVIA**

2 - 2:30pm – Ice Cream
Treats



1pm – 2pm Table Games - Resident Led **9**



10am - Worship Service **10**



10am - Exercise Class **11**

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



10am – Guest Speaker
Dean Mills – Topic:
Planes, Trains &
Everything in Between

1pm - Carpet Bowling
2:15pm – Social Cribbage



2pm- Norgarden Birthday Tea **13**

Entertainment by Vic G



9am – Bus Trip to
Unsworth Vineyard **14**

11am – Exercise Class
1:30pm – Crafts



10am- 12pm Knit and Chat **15**

11am – Beltone Hearing

1pm- **TRIVIA**



1pm – 2pm Table Games - Resident Led **16**



10am - Worship Service **17**



10am - Exercise Class **18**

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



10am – 12pm - Four
Seasons Community
Café *RSVP Required*

1pm - Carpet Bowling
2:15pm – Social Cribbage
3:30pm – One Hour
Scenic Bus Ride



11am - Chair Yoga **20**



1pm – Bingo



10am- Bus Trip to Ocean
Discovery Center **21**

11am – Exercise Class
1:30pm – Crafts
2:30pm - Men's Coffee Chat
at Norgarden
5:15pm – Westcoast
Theme Dinner



10am- 12pm Knit and Chat **22**

1pm- **TRIVIA**



2pm – P.A.T.S Visit
2 - 2:30pm – Ice Cream
Treats



2pm- Special Weekend **23**

Entertainment by Dock
Side Drive Quartet



10am - Worship Service **24**



10am - Exercise Class **25**

10:30am – J.O.Y Group
Outing to White Spot
12:30pm - 4pm Chair
Massage & Reiki with
Joanna Donald



10am – Mayfair Mall
Shopping **26**



1pm - Carpet Bowling
2:15pm – Social Cribbage

11am - Chair Yoga **27**



1pm – Bingo



10am – Grocery Shuttle **28**

11am – Exercise Class
1:30pm – Crafts



10am- 12pm Knit and Chat **29**

10:30am – Gents Group
Outing to White Spot



1pm- **TRIVIA**

1pm – 2pm Table Games - Resident Led **30**



10am - Worship Service **31**



“August is the border between summer and autumn;
it is the most beautiful month I know.” – TOVE JANSSON

