

# The Norgarden September Activity Calendar 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Labor Day</b> 10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 	1pm - Carpet Bowling  2:15pm - Social Cribbage	11am - Chair Yoga  1pm - Bingo 	10am - Grocery Shuttle 11am - Exercise Class 1:30pm - Crafts 	10am- 12pm Knit and Chat 1pm- <b>TRIVIA</b> 	1pm - 2pm Table Games - Resident Led 
10am - Worship Service 	10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 	1pm - Carpet Bowling  2:15pm - Social Cribbage	11am - Chair Yoga  1pm - Bingo 	11am - Exercise Class 1:30pm - Crafts 2pm - Knit & Chat 2:30pm - Men's Coffee Chat at Norgarden 5:15pm - Wild West B.B.Q 	10am- 12pm Knit and Chat 11am- Beltone Hearing  1pm- <b>TRIVIA</b> 	1pm - 2pm Table Games - Resident Led 2pm - Entertainment by Paul and Nelson Banks 
10am - Worship Service 	10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 2:15pm - Cordova Bay Ukuleles Performance 	10am - Dean Mills Guest Speaker Topic: Island People  1pm - Carpet Bowling 2:15pm - Social Cribbage	2pm- Norgarden Birthday Tea Entertainment by The Gypsy Rovers 	11am - Exercise Class 11am - J.O.Y Group 1:30pm - Crafts Outing to: The Pub at Brentwood Bay Resort 2pm - Knit & Chat 3:30pm - Scrabble	10am- 12pm Knit and Chat 1pm- <b>TRIVIA</b> 	1pm - 2pm Table Games - Resident Led 
10am - Worship Service 	10am - Exercise Class 9am - Heart Lake Farm Visit  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 1pm - 4pm Casual Chic Couture Pop Up Clothing	1pm - Carpet Bowling  2:15pm - Social Cribbage 3pm - One Hour Scenic Bus Ride 	10am - Grocery Shuttle 11am - Chair Yoga  1pm - Bingo 	11am - Gents Group Outing to the Pub at Brentwood Bay Resort 11am - Exercise Class 1:30pm - Crafts 5:15pm - Oktoberfest Theme Dinner 	10am- 12pm Knit and Chat 1pm- <b>TRIVIA</b>  2pm - P.A.T.S Visit 	1pm - 2pm Table Games - Resident Led 
10am - Worship Service 	10am - Exercise Class 11:15am - Show & Share 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 	<b>Truth and Reconciliation Day</b> 10:30am - Mayfair Mall Return Pick up at 1:30pm 1pm - Carpet Bowling 2:15pm - Social Cribbage 	<div>  <div>                     Teatime Daily at 2pm                      </div> </div>			