

Norgarden January Activity Calendar 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Teatime 2pm Daily		11am – Exercise Class  1	10am- 12pm Knit and 2 Chat 	1pm – 2pm Table Games - Resident Led 
10am - Worship Service  4	10am - Exercise Class  5	1pm - Carpet Bowling  6	11am- Chair Yoga  7	10:30am – J.O.Y Group Outing to: Riva 11am – Exercise Class 1:30pm – Crafts 2:30pm- Coffee Chat 5:15pm-Pub Night Theme Dinner 	10am- 12pm Knit and Chat 	1pm – 2pm Table Games - Resident Led 
10am - Worship Service  11	10am - Exercise Class  12	1pm - Carpet Bowling  13	2pm- Norgarden Resident Birthday Tea Entertainment by Vic G 	10am- Grocery Shuttle Return Pickup at 11:30am  11am – Exercise Class 1:30pm – Crafts 	10am- 12pm Knit and Chat 	1pm – 2pm Table Games - Resident Led 
10am - Worship Service  18	10am - Exercise Class  19	10am- Domesticated Animals Past and Present by Dean Mills 1pm - Carpet Bowling 2:15pm – Social Cribbage 3:30pm - One Hour Scenic Bus Ride 	11am- Chair Yoga  21	11am – Exercise Class  22	10am- 12pm Knit and Chat 	1pm – 2pm Table Games - Resident Led 
10am - Worship Service  25	10am - Exercise Class 26 11:15am – Show & Share 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 1pm- 4pm Emily Looker Pop Up Clothing	10am – Shopping at Hillside Mall 	11am- Chair Yoga  28	10am- Grocery Shuttle Return Pickup at 11:30am 11am – Exercise Class 1:30pm – Crafts 2:30pm – PhysioCare at Home – Presentation on Walking 	10am- 12pm Knit and Chat 	1pm – 2pm Table Games - Resident Led 