

# The Norgarden February Activity Calendar 2026



| SUNDAY                 | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|------------------------|--|--|--|---|--|---|
| 10am - Worship Service | 1 10am - Exercise Class  2 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald                          | 1pm - Carpet Bowling  3 2:15pm - Social Cribbage   | 11am - Chair Yoga  4 1pm - Bingo   | 11am - Exercise Class  5 1:30pm - Crafts  | 10am- 12pm Knit and Chat  6 1pm-   | 1pm – 2pm Table Games - Resident Led  7   |
| 10am - Worship Service | 8 10am - Exercise Class  9 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald                          | 1pm - Carpet Bowling  10 2:15pm - Social Cribbage  3:30 pm - One Hour Scenic Bus Ride  | 11am - Chair Yoga  11 1pm - Bingo  | 10am- Grocery Shuttle  12 Return Pickup at 11:30am 11am – Exercise Class 1:30pm – Crafts            | 10am- 12pm Knit and Chat  13 11am – Guest Speaker from Truth and Alibi -Topic: Sublingual CBD 1pm- | <u>Valentine's Day</u> 14 1pm – 2pm Table Games - Resident Led 5:15pm- Valentine's Day Theme Dinner |
| 10am - Worship Service | <u>Family Day</u> 15 10am - Exercise Class  16 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald      | 10am- Historical Movers and Shakers by Dean Mills 1pm - Carpet Bowling 2:15pm – Social Cribbage 5:15pm – Chinese New Year Theme Dinner  2026 | 2pm- Norgarden Resident Birthday Tea Entertainment by Seabreeze  | 11am – J.O.Y Group 19 Outing to: Fireside Grill 11- am – Exercise Class 1:30pm – Crafts             | 10am- 12pm Knit and Chat  20 1pm-  2pm - P.A.T.S Visit with Stella & Karen                         | 1pm – 2pm Table Games - Resident Led 2pm- Entertainment by Stan Davies  21                          |
| 10am - Worship Service | 22 10am - Exercise Class  23 11:15am - Show & Share 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald | 10am – Mayfair Mall Return Pick up at 1:30pm  24 1pm - Carpet Bowling 2:15pm – Social Cribbage   | <u>Pink Shirt Day</u> 25 10am – Four Seasons Café - Getting to know your iPhone RSVP Required 1pm – Chair Yoga 2pm – Bingo | 10am- Grocery Shuttle  26 Return Pickup at 11:30am 1:30pm – Crafts 2:30pm- Coffee Chat at Norgarden | 10am- 12pm Knit and Chat  27 10:30am – Men's Group Outing to Mary's Bleue Moon 1pm-                | 1pm – 2pm Table Games - Resident Led  28  |

Happy Valentine's Day



Teatime 2pm Daily

