

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- TRIVIA 	1pm – 2pm Table Games - Resident Led 
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- TRIVIA 	<u>Valentine's Day</u> 14 1pm – 2pm Table Games - Resident Led 5:15pm- Valentine's Day Theme Dinner 
10am - Worship Service  15	<u>Family Day</u> 16 10am - Exercise Class  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	10am- Historical Movers and Shakers by Dean Mills 17 1pm - Carpet Bowling  2:15pm – Social Cribbage 5:15pm – Chinese New Year Theme Dinner  2026	2pm- Norgarden Resident Birthday 18 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- TRIVIA  2pm - P.A.T.S Visit with Stella & Karen 	1pm – 2pm Table Games - Resident Led 21 2pm- Entertainment by Stan Davies 
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- TRIVIA 	1pm – 2pm Table Games - Resident Led 

Happy Valentine's Day



Teatime 2pm
Daily

