

Norgarden July Activity Calendar 2026

· SUNDAY ·

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

· SATURDAY ·

Teatime 2pm Daily



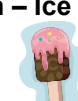
Canada Day 1
10:30am- Bus Departs for Sidney Tire Parade
11am - Chair Yoga
11:30am - Canada Day Parade Starts
5:15pm- Canada Day Theme Dinner



11am – Exercise Class 2
1:30pm – Crafts



10am- 12pm Knit and Chat 3
1pm – TRIVIA
2 - 2:30pm – Ice Cream Treats



10am- Table Games - Resident Led 4
2pm – Entertainment by Jesse Brown on Piano



10am - Worship Service 5
1pm- Resident Led Mahjong



10am - Exercise Class 6
10:30am – Tour New TownePlace Marriott
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

1pm - Carpet Bowling 7
2:15pm – Social Cribbage



9am- Bus Departing for Chemainus Theatre Ticket Holders Only 8
11am - Chair Yoga



10am- Grocery Shuttle Return Pickup at 11:30am 9
11am – Exercise Class
1:30pm – Crafts



10am- 12pm Knit and Chat 10
1pm – TRIVIA
2pm- P.A.T.S. Visit with Stella and Karen



1pm – 2pm Table Games - Resident Led 11



10am - Worship Service 12
1pm- Resident Led Mahjong



10am - Exercise Class 13
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald



1pm - Carpet Bowling 14
2:15pm – Social Cribbage



2pm- Norgarden Birthday Tea Entertainment by Seabreeze 15



10:30pm – J.O.Y. Group Outing to: Mary's Bleue Moon Café 16
11am – Exercise Class
1:30pm – Crafts
2:30pm Coffee Chat at Norgarden



10am- 12pm Knit and Chat 17
10:30am – Men's Group Outing to: Mary's Bleue Moon Café
1pm – TRIVIA



1pm – 2pm Table Games - Resident Led 18



10am - Worship Service 19
1pm- Resident Led Mahjong



10am - Exercise Class 20
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald



10am – Guest Speaker Dean Mills – Topic: *The Art World of Sidney* 21
1pm - Carpet Bowling
2:15pm – Social Cribbage
3pm - One Hour Scenic Bus Ride



11am - Chair Yoga 22
1pm – Bingo



11am – Exercise Class 23
1:30pm – Crafts
5:15pm- Tropical Luau Theme Dinner



10am- 12pm Knit and Chat 24
1pm – TRIVIA
2 - 2:30pm – Ice Cream Treats



1pm – 2pm Table Games - Resident Led 25



10am - Worship Service 26
1pm- Resident Led Mahjong



10am - Exercise Class 27
11:15-Show & Share
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald



10am – Mayfair Mall Return Pick up at 1:30pm 28
1pm - Carpet Bowling
2:15pm – Social Cribbage



11am - Chair Yoga 29
1pm – Bingo



10am- Grocery Shuttle Return Pickup at 11:30am 30
11am – Exercise Class
1:30pm – Crafts



10am- 12pm Knit and Chat 31
1pm- TRIVIA

