

Norgarden August Activity Calendar 2026



· SUNDAY ·

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

· SATURDAY ·



Teatime 2pm Daily



1pm – 2pm Table Games - Resident Led 1



10am - Worship Service 2



12pm- Resident Led Mahjong



B.C. Day Holiday 3



10am - Exercise Class
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald
5:15pm – B.C. Day Theme Dinner



1pm - Carpet Bowling 4
2:15pm – Social Cribbage
3pm - One-Hour Scenic Bus Ride



11am - Chair Yoga 5



1:30pm – Bingo



11am – Exercise Class 6



1:30pm – Crafts



10am- 12pm Knit and Chat 7

1pm - TRIVIA



2 - 2:30pm – Ice Cream Treats

10am- Table Games - Resident Led 8



2pm- Entertainment by Brennan Clark



10am - Worship Service 9



12pm- Resident Led Mahjong



10am - Exercise Class 10



12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

1pm - Carpet Bowling 11

1 – 3pm -Tiny Shiny Bead Craft Sale
2:15pm – Social Cribbage

2pm- Norgarden Resident Birthday Tea 12

Entertainment by Vic G



10am- Grocery Shuttle 13

Return Pickup at 11:30am

11am – Exercise Class

1:30pm – Crafts

2:30pm – Coffee Chat at Norgarden



10am- 12pm Knit and Chat 14

10:30pm – Men Group Outing to Brentwood Bay Brewskys Taphouse

1pm- TRIVIA

1pm – 2pm Table Games - Resident Led 15



10am - Worship Service 16



12pm- Resident Led Mahjong



10am - Exercise Class 17



12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Dean Mills Guest Speaker Topic: Deeper Dive into the Heath of the Salish Sea 18



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

11am – Bingo 19



1:30pm – Chair Yoga



10:30am – Ladies J.O.Y Group Outing to Brentwood Bay Brewskys Taphouse 20

11am – Exercise Class

1:30pm – Crafts

5:15pm – West Coast Theme Dinner



10am- 12pm Knit and Chat 21

1pm - TRIVIA



2 - 2:30pm – Ice Cream Treats

10am- Table Games - Resident Led 22



2pm- Patio Entertainment by The K-Tone



10am - Worship Service 23



12pm- Resident Led Mahjong



10am - Exercise Class 24



12:30pm - 4pm Chair Massage & Reiki with Joanna Donald

10am – Hillside Mall Shopping 25



1pm - Carpet Bowling



2:15pm – Social Cribbage

11am – Chair Yoga 26



1:30pm – Bingo



10am- Grocery Shuttle 27

Return Pickup at 11:30am

11am – Exercise Class

1:30pm – Crafts



10am- 12pm Knit and Chat 28

1pm- TRIVIA



2 - 2:30pm – Ice Cream Treats

1pm – 2pm Table Games - Resident Led 29



10:30am - Worship Service 30



12pm- Resident Led Mahjong



10am - Exercise Class 31

11:15am – Show & Share
12:30pm - 4pm Chair Massage & Reiki with Joanna Donald



“August is the border between summer and autumn;
it is the most beautiful month I know.” – TOVE JANSSON

