

Norgarden September Activity Calendar 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1pm - Carpet Bowling  1 2:15pm – Social Cribbage	11am - Chair Yoga  2 1pm – Bingo 	11am – Exercise Class 3 1:30pm – Crafts	10am - 12pm Knit and Chat 4 1pm – 	1pm – 2pm - Table Games - Resident Led  5
10am - Worship Service  6 12pm- Resident Led Mahjong 	Labor Day Holiday 7 10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 	1pm - Carpet Bowling  8 2:15pm – Social Cribbage	11am - Chair Yoga 9 1pm – Bingo 	10am- Grocery Shuttle  10 Return Pickup at 11:30am 11am – Exercise Class 1:30pm – Crafts 2:30pm – Reverend Denise Doerksen 	10am - 12pm Knit and Chat 11 11am - Beltone Hearing  1pm – 	10am - Table Games - Resident Led 12 2pm – Entertainment by Paul & Nelson Banks 
10am - Worship Service  13 12pm- Resident Led Mahjong 	10am - Exercise Class 14 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 	1pm - Carpet Bowling  15 2:15pm – Social Cribbage	2pm- Resident Birthday Tea Entertainment by the Island Gypsy Rovers  16	10:45am - J.O.Y Group Outing to: Sidney Harbour Chinese Restaurant 17 11am – Exercise Class 1:30pm – Crafts 2:30pm – Coffee Chat 5:15pm - Oktoberfest Theme Dinner 	10am - 12pm Knit and Chat 18 1pm –  2pm – PATS Visit with Stella and Karen 	10am - Table Games - Resident Led 19 2:30pm – Entertainment by Island Hula Dance Group 
10am - Worship Service  20 12pm- Resident Led Mahjong 	9:30am – Blue Grouse 21 10am - Exercise Class 12:30pm - 4pm Chair Massage & Reiki with Joanna Donald 1pm - Pop Up Casual Chic Clothing 	1pm - Carpet Bowling 22 2:15pm – Social Cribbage 3pm - One-Hour Scenic Bus Ride 	11am - Chair Yoga 23 1pm – Bingo 	10am- Grocery Shuttle  24 Return Pickup at 11:30am 11am – Exercise Class 1:30pm – Crafts 2pm - Knit & Chat 3:30pm – Scrabble 5:15pm – Wild West Theme Dinner 	10am – 12pm Knit and Chat 25 10:45am – Men's Group Outing to: Sidney Harbour Chinese Restaurant 1pm –  2:30pm - Dominoes	10am - Table Games - Resident Led 26 2pm – Country Western Entertainment by Vic G 
10am - Worship Service  27 12pm- Resident Led Mahjong 	10am - Exercise Class 28 11:15am – Show & Share  12:30pm - 4pm Chair Massage & Reiki with Joanna Donald	10am – Mayfair Mall Shopping 29 10am – Dean Mills Guest Speaker Topic: Cursing the Pacific  1pm - Carpet Bowling 2:15pm – Social Cribbage	<u>Truth and Reconciliation Day</u>  30 11am - Chair Yoga 1pm – Bingo 			
Teatime 2pm Daily 						