

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1>		9:30 Morning Stretch 1 10:00 Music with Jeff 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:00 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise 2 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	9:30 Morning Stretch 3 10:30 Word Games 11:00 Ball Toss 2:00 Resident & Family Council 3:30 Walking Program	9:30 Chair Grooves 4 10:00 Trivia 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 5 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Timeslips
9:30 Morning Stretch 6 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 7 10:00 News & Views 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Fiji 3:30 Walking Program	9:30 Morning Stretch 8 10:00 Karaoke-sing-a-long 11:15 Hymn Sing & Communion 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts 3:30 Room Visits	9:20 Music with Jeff 9 10:00 Morning Exercise 10:30 Bingo 2:30 Active Games 3:30 Sikh Prayer	9:30 Morning Stretch 10 10:15 Baking: Cassava Cake 11:00 Ball Toss 3:00 Men's Club 3:30 Walking Program <small>Fiji Independence Day</small>	Elections BC Voting 11 9:30 Chair Grooves 10:00 Trivia 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 12 10:30 Bingo 2:30 Fiji Independence Day Cart 3:30 Book Cart 3:30 Walking Program
9:30 Morning Stretch 13 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 14 10:15 Baking: Pies 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Thanksgiving Reminisce 3:30 Walking Program <small>Thanksgiving Day</small>	9:30 Morning Stretch 15 10:00 Music with Jeff 11:15 Hymn Sing-a-long 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:00 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise 16 10:00 Sikh Prayer 10:30 Bingo 2:30 Thanksgiving Party with Sue Breton	9:30 Morning Stretch 17 10:00 News & Views 11:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Chair Grooves 18 10:00 Trivia 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 12:00 White Spot Outing (By Invite) 2:30 Friday Social Hour	9:30 Morning Stretch 19 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Timeslips
9:30 Morning Stretch 20 10:30 Sikh Prayer Service (Meeting Centre) 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 21 10:00 News & Views 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Honolulu 3:30 Walking Program	9:30 Morning Stretch 22 10:00 Karaoke-sing-a-long 11:15 Hymn Sing-a-long 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts 3:30 Room Visits	9:20 Music with Jeff 23 10:00 Morning Exercise 10:30 Bingo 11:45 Sikh Prayer 2:30 Active Games	9:30 Morning Stretch 24 10:30 Word Games 11:00 Ball Toss 2:30 Birthday Party with Brian Flanagan 3:30 Walking Program	9:30 Chair Grooves 25 10:00 Trivia 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 26 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Timeslips
9:30 Morning Stretch 27 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 28 10:00 News & Views 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Diwali 3:30 Walking Program	9:30 Morning Stretch 29 10:00 Music with Jeff 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:00 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise 30 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	9:30 Morning Stretch 31 11:00 Ball Toss Halloween Costume Contest Parade 3:30 Movie & Popcorn 3:30 Walking Program <small>Halloween</small>	<h2>Northcrest Seniors Community Dogwood & Trillium</h2>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1>		9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Giant Scrabble 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Active Game 2:00 Resident & Family Council (2nd Floor) 3:30 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Table Games 2:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Fiji 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing & Communion (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 3:00 Walking Program	Elections BC Voting 9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tea Cart 10:30 Table Games 2:30 Fiji Independence Day Cart 2:30 Social Hour 3:30 Room Visits
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Thanksgiving Reminisce 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Baking: Pies 11:15 Hymn Sing-a-long 2:30 Bingo 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Walking Program 2:30 Thanksgiving Party w/ Sue Breton (2nd Floor) 3:30 Room Visits	9:30 Morning Exercise 10:00 Arts & Crafts 11:00 Room Visits 2:15 Men's Club 3:30 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 12:00 White Spot Outing (By Invite) 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Table Games 2:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Honolulu 11:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing-a-long 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Walking Program 11:00 Music with Jeff 2:30 Active Games	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Birthday Party with Brian Flanagan (2nd Floor) 3:30 Room Visits	9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:15 Baking: Air Fryer Potato Wedges 2:30 Social Hour 3:30 Room Visits
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Diwali 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Trivia 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Active Game Halloween Costume Contest Parade 3:30 Walking Program	<h2>Northcrest Seniors Community Primrose</h2>	

Posted October 1st, 2024

Halloween

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1>		9:25 Music with Jeff 1 10:00 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 2 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 3 10:00 Ball Toss 10:30 Walking Program 2:00 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 4 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 5 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy
9:30 Morning Stretch 6 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 7 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	9:25 Music with Jeff 8 10:00 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 9 10:00 Calls with Family 10:10 Music with Jeff 10:30 Walking Program 2:30 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 10 10:00 Ball Toss 10:30 Travel Tales to Fiji 3:00 Therapy Pet 3:30 Walking Program <small>Fiji Independence Day</small>	Elections BC Voting 11 9:30 Active Game 10:15 Baking: Pumpkin Pie 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 12 10:00 Walking Program 10:30 Tea Cart 2:30 Fiji Independence Day Cart 3:30 Snoezelen Therapy
9:30 Morning Stretch 13 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 14 10:00 Ball Toss 10:30 Thanksgiving Reminisce 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long <small>Thanksgiving Day</small>	9:25 Music with Jeff 15 10:00 Morning Stretch 10:30 Hymn Sing-a-long 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 16 10:00 Calls with Family 10:30 Sikh Prayer 2:30 Thanksgiving Party w/ Sue Breton (2nd Floor) 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 17 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 18 10:00 Good News 12:00 White Spot Outing (By Invite) 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 19 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy
9:30 Morning Stretch 20 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 21 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	9:25 Music with Jeff 22 10:00 Morning Stretch 10:30 Hymn Sing-a-long 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 23 10:00 Calls with Family 10:10 Music with Jeff 10:30 Walking Program 2:30 Sikh Prayer 4:00 Calls with Family	9:30 Morning Stretch 24 10:00 Ball Toss 10:30 Walking Program 2:30 Birthday Party with Brian Flanagan (2nd Floor) 3:00 Helping Hands 3:30 Therapy Pet	9:30 Active Game 25 10:15 Baking: Oatmeal Cookies 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 26 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy
9:30 Morning Stretch 27 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 28 10:00 Ball Toss 10:30 Word Games 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	9:25 Music with Jeff 29 10:00 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 30 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 31 10:00 Ball Toss 10:30 Walking Program Halloween Costume Contest Parade 3:00 Helping Hands 3:30 Therapy Pet <small>Halloween</small>	<h2>Northcrest Seniors Community Camellia</h2>	