

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2024

## Northcrest Seniors Community, Dogwood & Trillium

<p>9:30 Morning Stretch <b>3</b>  <b>10:00 Diwali Visitors</b>  10:45 Walking Program  <b>2:30 Church Service</b>  3:15 Horse Racing  3:30 Room Visits</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:30 Morning Exercise <b>4</b>  10:00 News &amp; Views  10:30 Sensory Cart  11:30 Cultural Program  2:30 Travel-Tales to Ypres Belgium  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>5</b>  10:00 Karaoke-sing-a-long  <b>11:15 Hymn Sing</b>  2:30 Java Music  2:30 Tea Cart  3:00 Arts &amp; Crafts  3:30 Room Visits</p>	<p><b>9:20 Music with Jeff</b> <b>6</b>  10:00 Morning Exercise  10:30 Bingo  2:30 Active Games  3:30 Sikh Prayer</p>	<p>9:30 Morning Stretch <b>7</b>  10:30 Word Games  11:00 Ball Toss  <b>2:00 Resident &amp; Family Council</b>  3:30 Walking Program</p>	<p>9:30 Chair Grooves <b>1</b>  10:00 Timeslips  10:30 Hand Spa  11:00 Walking Program  11:00 Cultural Program  <b>2:30 Diwali Social</b>  3:30 Room Visits</p> <p><small>Diwali</small></p>	<p>9:30 Morning Stretch <b>2</b>  <b>10:00 Tzu Chi Group</b>  10:30 Walking Program  2:30 Bingo  3:30 Book Cart  3:30 Room Visits</p>
<p>9:30 Morning Stretch <b>10</b>  10:30 Word Games  10:45 Walking Program  <b>2:30 Church Service</b>  3:15 Active Game  3:30 Room Visits</p>	<p>9:30 Morning Exercise <b>11</b>  10:00 News &amp; Views  <b>10:30 Remembrance Day Service</b>  11:45 Cultural Program  2:30 Active Games  3:30 Walking Program</p> <p><small>Remembrance Day</small></p>	<p>9:30 Morning Stretch <b>12</b>  <b>10:00 Music with Jeff</b>  <b>11:15 Hymn Sing &amp; Communion</b>  2:30 Magazine Scavenger Hunt  2:30 Tea Cart  3:00 Sensory Cart</p>	<p>9:30 Morning Exercise <b>13</b>  10:00 Sikh Prayer  10:30 Bingo  2:30 Active Games  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>14</b>  <b>10:15 Baking: Oatmeal Cookies</b>  <b>12:00 White Spot Outing (By Invite)</b>  2:30 Men's Club  3:30 Movie &amp; Popcorn  3:30 Walking Program</p>	<p>9:30 Chair Grooves <b>15</b>  10:00 Timeslips  10:30 Hand Spa  11:00 Walking Program  11:00 Cultural Program  2:30 Friday Social Hour  3:30 Room Visits</p>	<p>9:30 Morning Stretch <b>16</b>  <b>10:00 Tzu Chi Group</b>  10:30 Walking Program  2:30 Bingo  3:30 Book Cart  3:30 Room Visits</p>
<p>9:30 Morning Stretch <b>17</b>  <b>10:30 Sikh Prayer Service (Meeting Centre)</b>  10:45 Walking Program  <b>2:30 Catholic Church Service</b>  3:15 Horse Racing  3:30 Room Visits</p>	<p>9:30 Morning Exercise <b>18</b>  10:00 News &amp; Views  10:30 Sensory Cart  11:30 Cultural Program  2:30 Travel-Tales to United Kingdom  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>19</b>  10:00 Karaoke-sing-a-long  <b>11:15 Hymn Sing</b>  2:30 Java Music  2:30 Tea Cart  3:00 Arts &amp; Crafts  3:30 Room Visits</p>	<p>9:30 Morning Exercise <b>20</b>  10:00 Sikh Prayer  10:30 Bingo  2:30 Active Games  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>21</b>  10:00 News &amp; Views  11:00 Ball Toss  <b>2:45 Birthday Party with Greg Alcock</b>  3:30 Walking Program</p>	<p>9:30 Chair Grooves <b>22</b>  10:00 Giant Crosswords  10:30 Hand Spa  11:00 Walking Program  11:00 Cultural Program  2:30 Friday Social Hour  3:30 Room Visits</p>	<p>9:30 Morning Stretch <b>23</b>  <b>10:00 Tzu Chi Group</b>  10:30 Walking Program  2:30 Bingo  3:30 Book Cart  3:30 Room Visits</p>
<p>9:30 Morning Stretch <b>24</b>  10:30 Word Games  10:45 Walking Program  <b>2:30 Church Service</b>  3:15 Active Game  3:30 Room Visits</p>	<p>9:30 Morning Exercise <b>25</b>  10:00 News &amp; Views  10:30 Sensory Cart  11:30 Cultural Program  2:30 Travel-Tales to Australia  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>26</b>  <b>10:00 Music with Jeff</b>  <b>11:15 Hymn Sing</b>  2:30 Magazine Scavenger Hunt  2:30 Tea Cart  3:00 Sensory Cart  3:30 Room Visits</p>	<p>9:30 Morning Exercise <b>27</b>  10:00 Sikh Prayer  10:30 Bingo  2:30 Active Games  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>28</b>  <b>10:15 Baking: Cassava Cake</b>  11:00 Ball Toss  2:30 Ladies Tea  3:30 Movie &amp; Popcorn  3:30 Walking Program</p>	<p>9:30 Chair Grooves <b>29</b>  10:00 Timeslips  10:30 Hand Spa  11:00 Walking Program  11:00 Cultural Program  2:30 Friday Social Hour  3:30 Room Visits</p>	<p>9:30 Morning Stretch <b>30</b>  <b>10:00 Tzu Chi Group</b>  10:30 Walking Program  2:30 Bingo  3:30 Book Cart  3:30 Room Visits</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2024

**Northcrest Seniors Community, Primrose**

					<p>9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program <b>2:30 Diwali Social</b></p>	<p>9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 10:30 Table Games 2:30 Book Cart 3:30 Room Visits</p>
<p>9:30 Morning Stretch <b>10:00 Diwali Visitors (2<sup>nd</sup> Floor)</b> 10:30 Word Games 10:45 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game <small>Daylight Saving Time Ends</small></p>	<p>9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Ypres Belgium 11:30 Walking Program 2:30 Java Music 3:30 Room Visits</p>	<p>9:30 Morning Stretch <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program <b>11:00 Music with Jeff</b> 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts &amp; Crafts <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:00 Walking Program</p>	<p><small>Diwali</small> 9:30 Chair Grooves 10:00 News &amp; Views 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch 10:00 Tea Cart <b>10:15 Baking: Chocolate Chip Banana Bread</b> 2:30 Social Hour 3:30 Room Visits</p>
<p>9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game</p>	<p>9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Remembrance Day Service (2<sup>nd</sup> Floor)</b> 11:30 Walking Program 2:30 Art &amp; Crafts 3:30 Room Visits <small>Remembrance Day</small></p>	<p>9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Trivia <b>11:15 Hymn Sing &amp; Communion (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Active Game <b>12:00 White Spot Outing (By Invite)</b> 2:30 Movie &amp; Popcorn 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 10:30 Table Games 2:30 Book Cart 3:30 Room Visits</p>
<p>9:30 Morning Stretch 10:00 Gratitude Circle <b>10:30 Sikh Prayer Service (Meeting Centre)</b> <b>2:30 Catholic Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game</p>	<p>9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to United Kingdom 11:30 Walking Program 2:30 Java Music 3:30 Room Visits</p>	<p>9:30 Morning Stretch <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Bingo 3:30 Walking Program</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 2:30 Active Games 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts &amp; Crafts <b>2:45 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b> 3:00 Walking Program</p>	<p>9:30 Chair Grooves 10:00 News &amp; Views 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart <b>10:15 Baking: Blueberry Crisp Pie</b> 2:30 Social Hour 3:30 Room Visits</p>
<p>9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game</p>	<p>9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Australia 11:30 Walking Program 2:30 Art &amp; Crafts 3:30 Room Visits</p>	<p>9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Trivia <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Active Game 2:30 Movie &amp; Popcorn 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 10:30 Table Games 2:30 Book Cart 3:30 Room Visits</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2024

## Northcrest Seniors Community, Camellia

<p>9:30 Morning Stretch <b>3</b>  <b>10:00 Diwali Visitors (2<sup>nd</sup> Floor)</b>  10:30 Walking Program  2:30 Hymn Sing  3:00 Ball Toss  3:30 Hand Spa</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:30 Morning Stretch <b>4</b>  10:00 Ball Toss  10:30 Table Crafts  2:30 Helping Hands  3:00 Ring Toss  3:30 Karaoke Sing-a-long</p>	<p><b>9:25 Music with Jeff 5</b>  10:00 Morning Stretch  <b>10:30 Hymn Sing</b>  2:30 Helping Hands  3:00 Snoezelen Therapy  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>6</b>  10:00 Calls with Family  <b>10:10 Music with Jeff</b>  10:30 Walking Program  2:30 Sikh Prayer  3:00 Hand Spa  4:00 Calls with Family</p>	<p>9:30 Morning Stretch <b>7</b>  10:00 Ball Toss  10:30 Walking Program  <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b>  2:30 Helping Hands  3:00 Therapy Pet</p>	<p><small>Diwali</small>  9:30 Active Game <b>1</b>  10:00 Good News  <b>2:30 Diwali Social</b>  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>2</b>  10:00 Walking Program  <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b>  10:30 Tea Cart  2:30 Snoezelen Therapy  3:00 Doll Therapy</p>
<p>9:30 Morning Stretch <b>10</b>  10:00 Hymn Sing  10:30 Walking Program  2:30 Table Games  3:00 Ball Toss  3:30 Hand Spa</p>	<p>9:30 Morning Stretch <b>11</b>  10:00 Ball Toss  <b>10:30 Remembrance Day Service (2<sup>nd</sup> Floor)</b>  2:30 Helping Hands  3:00 Ring Toss  3:30 Karaoke Sing-a-long</p> <p><small>Remembrance Day</small></p>	<p><b>9:25 Music with Jeff 12</b>  10:00 Morning Stretch  <b>10:30 Hymn Sing</b>  2:30 Helping Hands  3:00 Snoezelen Therapy  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>13</b>  10:00 Calls with Family  10:30 Walking Program  2:30 Sikh Prayer  3:00 Hand Spa  4:00 Calls with Family</p>	<p>9:30 Morning Stretch <b>14</b>  10:00 Ball Toss  10:30 Walking Program  <b>12:00 White Spot Outing (By Invite)</b>  2:30 Helping Hands  3:00 Therapy Pet</p>	<p>9:30 Active Game <b>15</b>  10:00 Good News  2:30 Friday Social Hour  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>16</b>  10:00 Walking Program  <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b>  10:30 Tea Cart  2:30 Snoezelen Therapy  3:00 Doll Therapy</p>
<p>9:30 Morning Stretch <b>17</b>  <b>10:30 Sikh Prayer Service (Meeting Centre)</b>  2:30 Hymn Sing  3:00 Ball Toss  3:30 Hand Spa</p>	<p>9:30 Morning Stretch <b>18</b>  10:00 Ball Toss  10:30 Table Crafts  2:30 Helping Hands  3:00 Ring Toss  3:30 Karaoke Sing-a-long</p>	<p><b>9:25 Music with Jeff 19</b>  10:00 Morning Stretch  <b>10:30 Hymn Sing</b>  2:30 Helping Hands  3:00 Snoezelen Therapy  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>20</b>  10:00 Calls with Family  10:30 Walking Program  2:30 Sikh Prayer  4:00 Calls with Family</p>	<p>9:30 Morning Stretch <b>21</b>  10:00 Ball Toss  10:30 Walking Program  <b>2:00 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b>  2:45 Helping Hands  3:00 Therapy Pet</p>	<p>9:30 Active Game <b>22</b>  <b>10:15 Baking: Blueberry Crisp Pie</b>  2:30 Friday Social Hour  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>23</b>  10:00 Walking Program  <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b>  10:30 Tea Cart  2:30 Snoezelen Therapy  3:00 Doll Therapy</p>
<p>9:30 Morning Stretch <b>24</b>  10:00 Hymn Sing  10:30 Walking Program  2:30 Table Games  3:00 Ball Toss  3:30 Hand Spa</p>	<p>9:30 Morning Stretch <b>25</b>  10:00 Ball Toss  10:30 Table Games  2:30 Helping Hands  3:00 Ring Toss  3:30 Karaoke Sing-a-long</p>	<p><b>9:25 Music with Jeff 26</b>  10:00 Morning Stretch  <b>10:30 Hymn Sing</b>  2:30 Helping Hands  3:00 Snoezelen Therapy  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>27</b>  10:00 Calls with Family  10:30 Walking Program  2:30 Sikh Prayer  3:00 Hand Spa  4:00 Calls with Family</p>	<p>9:30 Morning Stretch <b>28</b>  10:00 Ball Toss  10:30 Walking Program  2:30 Helping Hands  3:00 Therapy Pet</p>	<p>9:30 Active Game <b>29</b>  10:00 Good News  2:30 Friday Social Hour  3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>30</b>  10:00 Walking Program  <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b>  10:30 Tea Cart  2:30 Snoezelen Therapy  3:00 Doll Therapy</p>