

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Christmas around the World 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts 3:30 Room Visits	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program Christmas Hat/Headband Day	9:30 Morning Stretch 10:00 News & Views 11:00 Ball Toss 2:45 Birthday Party with Peter Tennant 3:30 Walking Program	9:30 Chair Grooves 10:00 Giant Scrabble 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 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Christmas around the World 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing & Communion 1:00 Christmas Party with Cheek to Cheek 3:00 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program Ugly Sweater Day	9:30 Morning Stretch 10:00 News & Views 11:00 Ball Toss 2:00 Resident & Family Council 3:30 Walking Program	9:30 Chair Grooves 10:00 Timeslips 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 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Christmas Joy with Seaquam Secondary 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Christmas around the World 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts 3:30 Room Visits	9:20 Music with Jeff 10:00 Morning Exercise 10:30 Bingo 2:30 Active Games 2:30 Sikh Prayer	9:30 Morning Stretch 10:15 Baking: Gingerbread Cookies 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Chair Grooves 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	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits <small>Winter Begins</small>
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:15 Horse Racing 3:30 Piano Recital	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Travel-Tales to Christmas around the World *Santa's Elves Hard at Work*	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:00 Sensory Cart 3:30 Room Visits	Merry Christmas <small>Christmas</small>	9:30 Morning Stretch 10:15 Baking: Shortbread Cookies 11:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program <small>Boxing Day</small>	9:30 Chair Grooves 10:00 Timeslips 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 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to New Years 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 New Year's Eve Party with Scott McGowan 3:30 Room Visits <small>New Year's Eve</small>	<h1>December 2024</h1> <h2>Northcrest Seniors Community, Dogwood & Trillium</h2>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 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 Christmas around the World 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 2:30 Bingo 3:30 Room Visits Christmas Hat/Headband Day	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:45 Birthday Party with Peter Tennant (2nd Floor) 3:00 Walking Program	9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program 2:30 Friday Social Hour 3:45 Hand Spa	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:15 Baking: Gingerbread Cookies 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 Christmas around the World 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing & Communion (2nd Floor) 12:00 Christmas Party with Michelle Carlisle 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 2:30 Bingo 3:30 Room Visits Ugly Sweater Day	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Active Game 2:00 Resident & Family Council (2nd Floor) 3:00 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour 3:45 Hand Spa	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Table Games 2:30 Christmas Joy with Seaquam Secondary 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 Christmas around the World 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Bingo 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Men's Club 10:30 Walking Program 11:00 Music with Jeff 2:30 Movie & Popcorn 2:45 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Gingerbread House Decorating 2:30 Active Games 3:30 Walking Program	9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program 2:30 Friday Social Hour 3:45 Hand Spa	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:15 Baking: Shortbread Cookies 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) 3:30 Piano Recital (2nd Floor)	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Christmas around the World 11:30 Walking Program *Santa's Elves Hard at Work*	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	Merry Christmas Christmas	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Active Game 2:30 Giant Scrabble 3:30 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour 3:45 Hand Spa	9:30 Morning Stretch 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 New Years 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing 2:30 New Year's Eve Party with Scott McGowan (2nd Floor) 3:30 Walking Program	December 2024 Northcrest Seniors Community, Primrose			

Posted December 1st, 2024

New Year's Eve

Winter Begins

Boxing Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family Christmas Hat/Headband Day	9:30 Morning Stretch 10:00 Ball Toss 10:30 Walking Program 2:00 Birthday Party with Peter Tennant 2:45 Helping Hands 3:00 Therapy Pet	9:30 Active Game 10:15 Baking: Gingerbread Cookies 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Games 11:30 Christmas Party with Michelle Carlisle 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family Ugly Sweater Day	9:30 Morning Stretch 10:00 Ball Toss 10:30 Walking Program 2:00 Resident & Family Council (2 nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Christmas Joy with Seaquam Secondary 3:30 Snoezelen Therapy
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch 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 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet Christmas/Winter PJ Day	9:30 Active Game 10:15 Baking: Shortbread Cookies 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy Winter Begins
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Piano Recital (2 nd Floor)	9:30 Morning Stretch 10:00 Ball Toss 10:30 Travel-Tales to Christmas around the World *Santa's Elves Hard at Work*	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	25 Merry Christmas Christmas	9:30 Morning Stretch 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet Boxing Day	9:30 Active Game 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa	9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ring Toss 3:30 Karaoke Sing-a-long	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 New Year's Eve Party with Scott McGowan (2 nd Floor) 3:30 Walking Program New Year's Eve	<h1>December 2024</h1> <h2>Northcrest Seniors Community, Camellia</h2>			