

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Northcrest Seniors Community

							9:30 Morning Stretch 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits	1
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:15 Active Game 3:30 Room Visits  <small>Groundhog Day</small>	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to England</b> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 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	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games <b>12:00 Chinese Food Luncheon (By Invite)</b> 2:30 Ladies Tea 3:30 Movie & Popcorn 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 <b>10:00 Chinese New Year Celebration w/ Tzu Chi</b> 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits		8
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program <b>2:30 Church Service</b> 3:15 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to France</b> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 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	9:30 Morning Stretch <b>10:15 Baking: Vanilla Cake</b> 11:00 Ball Toss <b>2:00 Resident &amp; Family Council</b> 3:30 Walking Program	9:30 Chair Grooves 10:00 Giant Crosswords 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program <b>2:30 Valentines Party with Sue Breton</b> <small>Valentine's Day</small> 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		15
9:30 Morning Stretch <b>10:30 Sikh Prayer Service (Meeting Centre)</b> <b>2:30 Catholic Church Service</b> 3:15 Active Game 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 12:00 <b>South Asian Luncheon (By Invite)</b> <b>2:30 Travel-Tales to Family Day</b> <small>Family Day</small> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 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	<b>9:20 Music with Jeff</b> 10:10 Morning Exercise 10:30 Sikh Prayer 11:00 Bingo 2:30 Active Games	9:30 Morning Stretch <b>10:15 Baking: Nachos</b> 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 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 <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits		22
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program <b>2:30 Church Service</b> 3:15 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Argentina</b> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 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	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games <b>2:30 Birthday Party with John Parsons</b>	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			

# Dogwood & Trillium

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Northcrest Seniors Community

9:30 Morning Stretch 10:00 Tea Cart 10:30 Table Games 11:30 Calls with Families 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits							<b>1</b>						
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game  <small>Groundhog Day</small>	<b>2</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to England</b> 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	<b>3</b>	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program	<b>4</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>5</b>	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Active Game <b>12:00 Chinese Food Luncheon (By Invite)</b> 2:30 Active Game 3:00 Walking Program	<b>6</b>	9:30 Chair Grooves <b>10:00 Baking: Mango Pudding</b> 10:30 Walking Program 2:30 Friday Social Hour	<b>7</b>	9:30 Morning Stretch <b>10:00 Chinese New Year Celebration w/ Tzu Chi (2<sup>nd</sup> Floor)</b> 11:30 Calls with Families 2:30 Social Hour 3:30 Room Visits	<b>8</b>
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	<b>9</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to France</b> 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	<b>10</b>	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program	<b>11</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>12</b>	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Giant Scrabble <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:30 Walking Program	<b>13</b>	9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program <b>2:30 Valentines Party with Sue Breton (2<sup>nd</sup> Floor)</b>  <small>Valentine's Day</small>	<b>14</b>	9:30 Morning Stretch 10:00 Tea Cart 10:30 Table Games 11:30 Calls with Families 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits	<b>15</b>
9:30 Morning Stretch 10:00 Gratitude Circle <b>10:30 Sikh Prayer Service (Meeting Centre)</b> <b>2:30 Catholic Church Service</b> 3:00 Active Game	<b>16</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Family Day</b> 11:30 Walking Program <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Art & Crafts <small>Family Day</small>	<b>17</b>	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Bingo 3:30 Walking Program	<b>18</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program <b>11:00 Music with Jeff</b> 2:30 Movie & Popcorn 2:45 Room Visits	<b>19</b>	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Giant Scrabble 2:30 Active Game 3:30 Walking Program	<b>20</b>	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	<b>21</b>	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart <b>10:15 Baking: Cinnamon Sugar Banana Chips</b> 11:30 Calls with Families 2:30 Social Hour	<b>22</b>
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	<b>23</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Argentina</b> 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	<b>24</b>	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program	<b>25</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>26</b>	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Active Game <b>2:30 Birthday Party with John Parsons (2<sup>nd</sup> Floor)</b>	<b>27</b>	9:30 Chair Grooves 10:00 News & Views 10:30 Walking Program 2:30 Friday Social Hour	<b>28</b>	<h1>Primrose</h1>	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

## Northcrest Seniors Community

<p>9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ball Toss 3:30 Hand Spa</p> <p><small>Groundhog Day</small></p>							<p>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</p>	<p><b>8:50 Music with Jeff</b> 9:45 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 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 10:00 Ball Toss 10:30 Walking Program <b>12:00 Chinese Food Luncheon (By Invite)</b> 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy</p>
<p>9:30 Morning Stretch 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 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>8:50 Music with Jeff</b> 9:45 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 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 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>9:30 Active Game <b>10:15 Baking: Heart Cookies</b> <b>2:30 Valentines Party with Sue Breton (2<sup>nd</sup> Floor)</b> 3:30 Walking Program</p> <p><small>Valentine's Day</small></p>	<p>9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy</p>						
<p>9:30 Morning Stretch <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 10:00 Ball Toss <b>10:30 Family Day Reminiscing</b> <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Helping Hands 3:00 Ring Toss</p> <p><small>Family Day</small></p>	<p><b>8:50 Music with Jeff</b> 9:45 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 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 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program</p>	<p>9:30 Morning Stretch 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 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 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>8:50 Music with Jeff</b> 9:45 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 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 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands <b>2:30 Birthday Party with John Parsons (2<sup>nd</sup> Floor)</b> 3:00 Therapy Pet</p>	<p>9:30 Active Game <b>10:15 Baking: Red Velvet</b> 2:30 Friday Social Hour 3:30 Walking Program</p>	<p><b>Camellia</b></p>						