

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

<p>9:30 Morning Stretch 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 Stretch <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 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 10:00 News &amp; Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Mardi Gras</b> 3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> <b>2:30 Mardi Gras Party w/ "Red Beans &amp; Rice"</b> 3:45 Room Visits</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games <b>2:00 Resident &amp; Family Council</b> 3:30 Walking Program</p>	<p>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</p>	<p>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</p>	
<p>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</p> <p style="text-align: center;"><small>Daylight Saving Time Begins</small></p>	<p>9:30 Morning Exercise 10:00 News &amp; Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Ireland</b> 3:30 Walking Program</p>	<p>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 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Stretch <b>10:15 Baking: Mint Chocolate Chip Cookies</b> <b>12:00 Lunch Outing to Ricky's (By Invite)</b> 2:30 Ladies Tea 3:30 Movie &amp; Popcorn</p>	<p>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</p>	<p>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</p>	
<p>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</p>	<p>9:30 Morning Exercise 10:00 News &amp; Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Pot O' Gold Scavenger Hunt</b> 3:30 Walking Program</p> <p style="text-align: center;"><small>St. Patrick's Day</small></p>	<p>9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> <b>2:30 St. Patrick's Party w/ Bruce Coughlan</b> 2:30 Tea Cart 3:00 Sensory Cart</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games</p>	<p>9:30 Morning Stretch <b>10:15 Baking: Rainbow Cupcakes</b> 11:00 Ball Toss 2:30 Men's Club 3:30 Movie &amp; Popcorn 3:30 Walking Program</p>	<p>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</p>	<p>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</p>	
<p>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</p>	<p>9:30 Morning Exercise 10:00 News &amp; Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Scotland</b> 3:30 Walking Program</p>	<p>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 &amp; Crafts 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games <b>2:30 Birthday Party w/ Brian Flanagan</b></p>	<p>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</p>	<p>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</p>	
<p>9:30 Morning Stretch 10:30 Hymn Sing 10:45 Walking Program <b>2:30 Eid Social</b> 3:30 Room Visits</p> <p style="text-align: center;"><small>Eid al-Fitr</small></p>	<p>9:30 Morning Exercise 10:00 News &amp; Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Saudi Arabia</b> 3:30 Walking Program</p>	<p><b>Northcrest Seniors Community, Dogwood &amp; Trillium</b></p>					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

							9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 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 Magazine Scavenger Hunt 10:45 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	<b>2</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Mardi Gras</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> <b>2:30 Mardi Gras Party w/ "Red Beans &amp; Rice" (2<sup>nd</sup> Floor)</b> <small>Mardi Gras</small>	<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 Giant Scrabble <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:30 Walking Program	<b>6</b>	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	<b>7</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: Mint Chocolate Chip Cookies</b> 11:30 Calls with Families 2:30 Social Hour	<b>8</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 <small>Daylight Saving Time Begins</small>	<b>9</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Ireland</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 Arts & Crafts <b>12:00 Lunch Outing to Ricky's (By Invite)</b> 2:30 Active Game 3:00 Walking Program	<b>13</b>	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	<b>14</b>	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 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 (2<sup>nd</sup> Floor)</b> 3:00 Active Game	<b>16</b>	9:30 Morning Exercise 10:00 Nail Spa 10:30 Art & Crafts 11:30 Walking Program <b>2:30 Pot O' Gold Scavenger Hunt</b> 3:30 Room Visits <small>St. Patrick's 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> <b>2:30 St. Patrick's Party w/ Bruce Coughlan (2<sup>nd</sup> Floor)</b> 3:30 Walking Program	<b>18</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program 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 Bingo 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: Pineapple Upside-down Cake</b> 11:30 Calls with Families 2:30 Social Hour	<b>22</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>23</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Scotland</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 w/ Brian Flanagan (2<sup>nd</sup> Floor)</b> 3:45 Walking Program	<b>27</b>	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	<b>28</b>	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Tea Cart 11:30 Calls with Families 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits	<b>29</b>
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Hymn Sing <b>2:30 Eid Social</b> 3:30 Walking Program <small>Eid al-Fitr</small>	<b>30</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Saudi Arabia</b> 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	<b>31</b>	<h2>Northcrest Seniors Community, Primrose</h2>									

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

								9:30 Morning Stretch <b>1</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	
9:30 Morning Stretch <b>2</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	9:30 Morning Stretch <b>3</b> 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>8:50 Music with Jeff</b> <b>4</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> <b>2:30 Mardi Gras Party w/ "Red Beans &amp; Rice" (2<sup>nd</sup> Floor)</b> 3:00 Snoezelen Therapy <small>Mardi Gras</small>	9:30 Morning Stretch <b>5</b> 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 <b>6</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	9:30 Active Game <b>7</b> 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch <b>8</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			
9:30 Morning Stretch <b>9</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa <small>Daylight Saving Time Begins</small>	9:30 Morning Stretch <b>10</b> 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>8:50 Music with Jeff</b> <b>11</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch <b>12</b> 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 <b>13</b> 10:00 Ball Toss 10:30 Walking Program <b>12:00 Lunch Outing to Ricky's (By Invite)</b> 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game <b>14</b> <b>10:15 Baking: Mint Chocolate Pudding Cookies</b> 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch <b>15</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			
9:30 Morning Stretch <b>16</b> <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 2:30 Hymn Sing 3:00 Ring Toss 3:30 Hand Spa	9:30 Morning Stretch <b>17</b> 10:00 Ball Toss <b>10:30 Pot O' Gold Scavenger Hunt</b> 2:30 Helping Hands 3:00 Karaoke Sing-a-long <small>St. Patrick's Day</small>	<b>8:50 Music with Jeff</b> <b>18</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> <b>2:30 St. Patrick's Party w/ Bruce Coughlan (2<sup>nd</sup> Floor)</b> 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch <b>19</b> 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 <b>20</b> 10:00 Ball Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game <b>21</b> 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch <b>22</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			
9:30 Morning Stretch <b>23</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	9:30 Morning Stretch <b>24</b> 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>8:50 Music with Jeff</b> <b>25</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program	9:30 Morning Stretch <b>26</b> 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 <b>27</b> 10:00 Ball Toss 10:30 Walking Program <b>2:30 Birthday Party w/ Brian Flanagan (2<sup>nd</sup> Floor)</b> 3:00 Helping Hands 3:45 Therapy Pet	9:30 Active Game <b>28</b> <b>10:15 Baking: Pineapple Upside-down Cake</b> 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch <b>29</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			
9:30 Morning Stretch <b>30</b> 10:00 Hymn Sing 10:30 Walking Program <b>2:30 Eid Social</b> 3:00 Ring Toss 3:30 Hand Spa <small>Eid al-Fitr</small>	9:30 Morning Stretch <b>31</b> 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>Northcrest Seniors Community Camellia</b>							