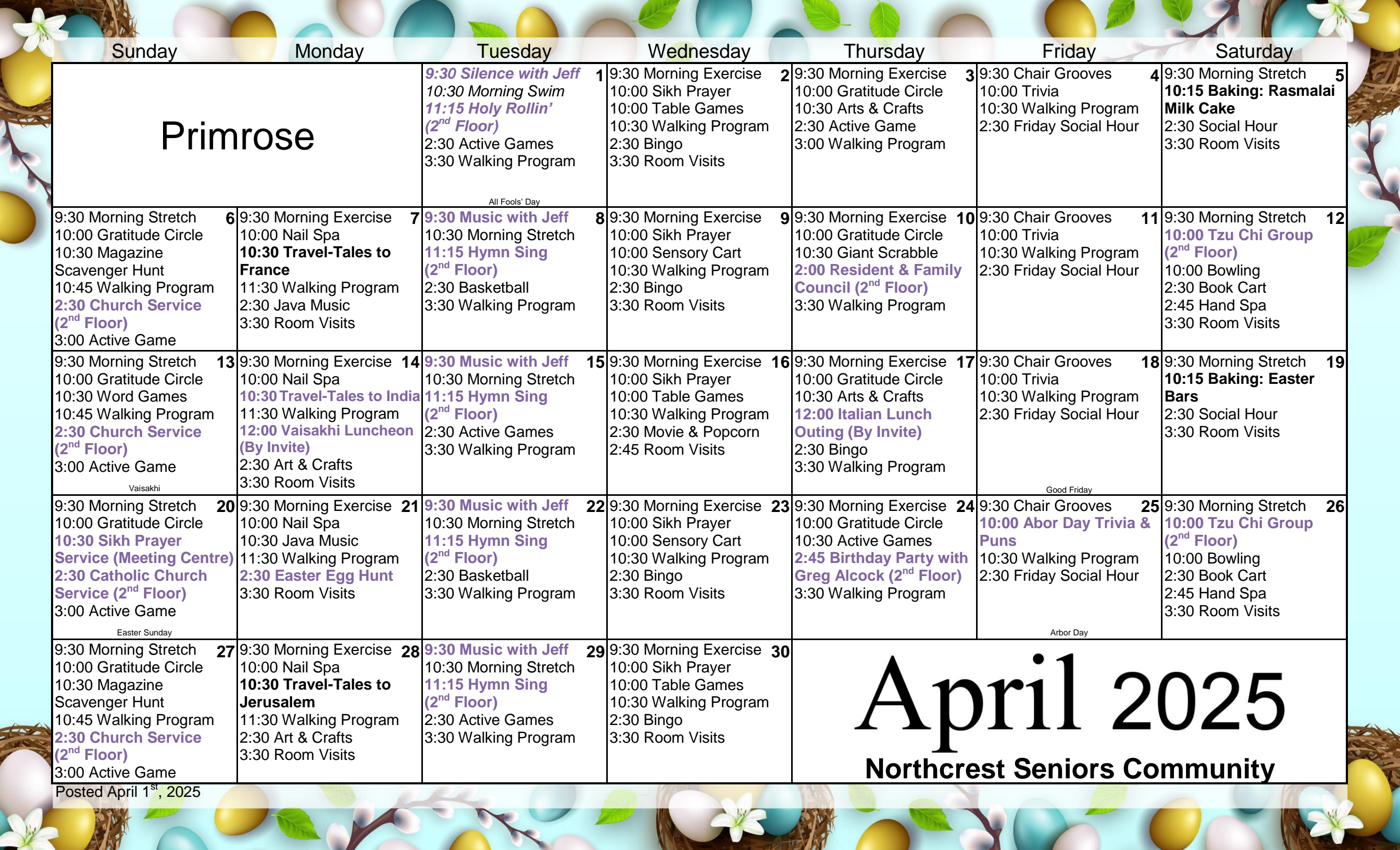


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

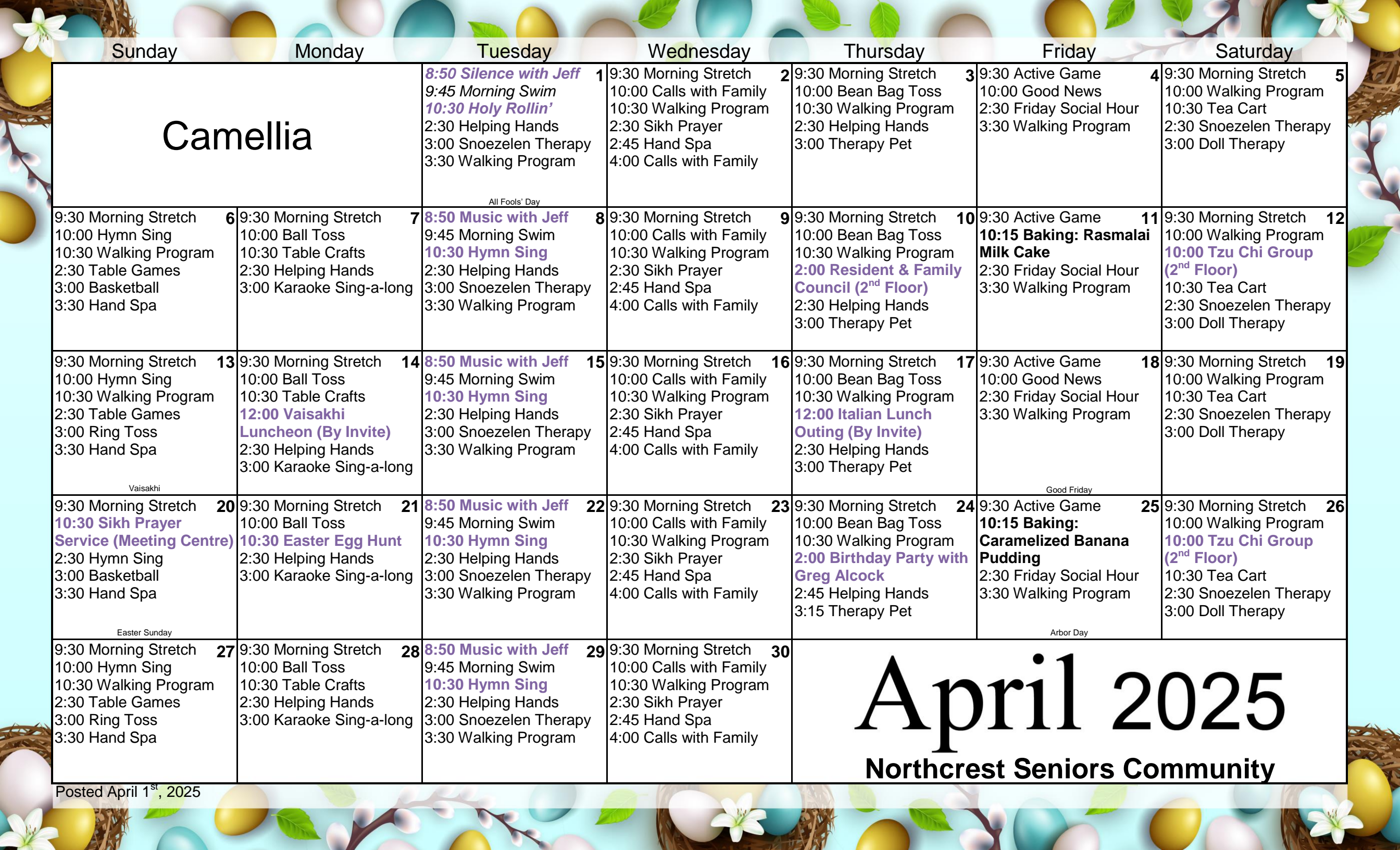
Dogwood & Trillium		<p>9:30 Morning Swim 1</p> <p>10:10 Silence with Jeff</p> <p>11:15 Holy Rollin'</p> <p>2:30 Magazine Scavenger Hunt</p> <p>2:30 Tea Cart</p> <p>3:30 Room Visits</p> <p style="text-align: center;"><small>All Fools' Day</small></p>	<p>9:30 Morning Exercise 2</p> <p>10:00 Sikh Prayer</p> <p>10:30 Bingo</p> <p>2:30 Active Games</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 3</p> <p>10:15 Baking: Rasmalai Milk Cake</p> <p>11:00 Ball Toss</p> <p>2:30 Ladies Tea</p> <p>3:30 Movie & Popcorn</p> <p>3:30 Walking Program</p>	<p>9:30 Chair Grooves 4</p> <p>10:00 Timeslips</p> <p>10:30 Hand Spa</p> <p>11:00 Walking Program</p> <p>11:00 Cultural Program</p> <p>2:30 Friday Social Hour</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Stretch 5</p> <p>10:00 Ring Toss</p> <p>10:30 Walking Program</p> <p>2:30 Bingo</p> <p>3:30 Book Cart</p> <p>3:30 Room Visits</p>	
<p>9:30 Morning Stretch 6</p> <p>10:30 Word Games</p> <p>10:45 Walking Program</p> <p>2:30 Church Service</p> <p>3:15 Active Game</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 7</p> <p>10:00 News & Views</p> <p>11:00 Sensory Cart</p> <p>11:30 Cultural Program</p> <p>2:30 Travel-Tales to France</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 8</p> <p>10:10 Music with Jeff</p> <p>11:15 Hymn Sing</p> <p>2:30 Java Music</p> <p>2:30 Tea Cart</p> <p>3:00 Arts & Crafts</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 9</p> <p>10:00 Sikh Prayer</p> <p>10:30 Bingo</p> <p>2:30 Basketball</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 10</p> <p>10:00 Ball Toss</p> <p>11:00 Word Games</p> <p>2:00 Resident & Family Council</p> <p>3:30 Walking Program</p>	<p>9:30 Chair Grooves 11</p> <p>10:00 Giant Scrabble</p> <p>10:30 Hand Spa</p> <p>11:00 Cultural Program</p> <p>2:30 Friday Social Hour</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Stretch 12</p> <p>10:00 Tzu Chi Group</p> <p>10:30 Walking Program</p> <p>2:30 Bingo</p> <p>3:30 Book Cart</p> <p>3:30 Room Visits</p>	
<p>9:30 Morning Stretch 13</p> <p>10:30 Word Games</p> <p>10:45 Walking Program</p> <p>2:30 Church Service</p> <p>3:15 Horse Racing</p> <p>3:30 Room Visits</p> <p style="text-align: center;"><small>Vaisakhi</small></p>	<p>9:30 Morning Exercise 14</p> <p>10:00 News & Views</p> <p>11:00 Sensory Cart</p> <p>11:30 Cultural Program</p> <p>12:00 Vaisakhi Luncheon (By Invite)</p> <p>2:30 Travel-Tales to India</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 15</p> <p>10:10 Music with Jeff</p> <p>11:15 Hymn Sing</p> <p>2:30 Magazine Scavenger Hunt</p> <p>2:30 Tea Cart</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 16</p> <p>10:00 Sikh Prayer</p> <p>10:30 Bingo</p> <p>2:30 Active Games</p>	<p>9:30 Morning Stretch 17</p> <p>10:15 Baking: Cake Batter Chocolate Cookies</p> <p>11:00 Ball Toss</p> <p>12:00 Italian Lunch Outing (By Invite)</p> <p>2:30 Men's Club</p> <p>3:30 Movie & Popcorn</p>	<p>9:30 Chair Grooves 18</p> <p>10:00 Timeslips</p> <p>10:30 Hand Spa</p> <p>11:00 Walking Program</p> <p>11:00 Cultural Program</p> <p>2:30 Friday Social Hour</p> <p>3:30 Room Visits</p> <p style="text-align: center;"><small>Good Friday</small></p>	<p>9:30 Morning Stretch 19</p> <p>10:00 Ring Toss</p> <p>10:30 Walking Program</p> <p>2:30 Bingo</p> <p>3:30 Book Cart</p> <p>3:30 Room Visits</p>	
<p>9:30 Morning Stretch 20</p> <p>10:30 Sikh Prayer Service (Meeting Centre)</p> <p>2:30 Catholic Church Service</p> <p>3:15 Active Game</p> <p>3:30 Room Visits</p> <p style="text-align: center;"><small>Easter Sunday</small></p>	<p>9:30 Morning Exercise 21</p> <p>10:00 News & Views</p> <p>11:00 Sensory Cart</p> <p>11:30 Cultural Program</p> <p>2:30 Easter Egg Hunt</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 22</p> <p>10:10 Music with Jeff</p> <p>11:15 Hymn Sing</p> <p>2:30 Java Music</p> <p>2:30 Tea Cart</p> <p>3:00 Arts & Crafts</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 23</p> <p>10:00 Sikh Prayer</p> <p>10:30 Bingo</p> <p>2:30 Basketball</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 24</p> <p>10:00 Ball Toss</p> <p>11:00 Word Games</p> <p>2:45 Birthday Party with Greg Alcock</p> <p>3:30 Movie & Popcorn</p> <p>3:30 Walking Program</p>	<p>9:30 Chair Grooves 25</p> <p>10:00 Arbor Day Trivia & Puns</p> <p>10:30 Hand Spa</p> <p>11:00 Walking Program</p> <p>11:00 Cultural Program</p> <p>2:30 Friday Social Hour</p> <p>3:30 Room Visits</p> <p style="text-align: center;"><small>Arbor Day</small></p>	<p>9:30 Morning Stretch 26</p> <p>10:00 Tzu Chi Group</p> <p>10:30 Walking Program</p> <p>2:30 Bingo</p> <p>3:30 Book Cart</p> <p>3:30 Room Visits</p>	
<p>9:30 Morning Stretch 27</p> <p>10:30 Word Games</p> <p>10:45 Walking Program</p> <p>2:30 Church Service</p> <p>3:15 Horse Racing</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 28</p> <p>10:00 News & Views</p> <p>11:00 Sensory Cart</p> <p>11:30 Cultural Program</p> <p>2:30 Travel-Tales to Jerusalem</p> <p>3:30 Walking Program</p>	<p>9:30 Morning Stretch 29</p> <p>10:10 Music with Jeff</p> <p>11:15 Hymn Sing</p> <p>2:30 Magazine Scavenger Hunt</p> <p>2:30 Tea Cart</p> <p>3:30 Room Visits</p>	<p>9:30 Morning Exercise 30</p> <p>10:00 Sikh Prayer</p> <p>10:30 Bingo</p> <p>2:30 Active Games</p> <p>3:30 Walking Program</p>	<h1 style="font-size: 4em; margin: 0;">April 2025</h1> <h2 style="font-size: 2em; margin: 0;">Northcrest Seniors Community</h2>			



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h1>Primrose</h1>		<p>9:30 Silence with Jeff 1 10:30 Morning Swim 11:15 Holy Rollin' (2nd Floor) 2:30 Active Games 3:30 Walking Program</p> <p style="text-align: center;"><small>All Fools' Day</small></p>	<p>9:30 Morning Exercise 2 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 3 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program</p>	<p>9:30 Chair Grooves 4 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch 5 10:15 Baking: Rasmalai Milk Cake 2:30 Social Hour 3:30 Room Visits</p>	
<p>9:30 Morning Stretch 6 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game</p>	<p>9:30 Morning Exercise 7 10:00 Nail Spa 10:30 Travel-Tales to France 11:30 Walking Program 2:30 Java Music 3:30 Room Visits</p>	<p>9:30 Music with Jeff 8 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program</p>	<p>9:30 Morning Exercise 9 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10 10:00 Gratitude Circle 10:30 Giant Scrabble 2:00 Resident & Family Council (2nd Floor) 3:30 Walking Program</p>	<p>9:30 Chair Grooves 11 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour</p>	<p>9:30 Morning Stretch 12 10:00 Tzu Chi Group (2nd Floor) 10:00 Bowling 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits</p>	
<p>9:30 Morning Stretch 13 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game</p> <p style="text-align: center;"><small>Vaisakhi</small></p>	<p>9:30 Morning Exercise 14 10:00 Nail Spa 10:30 Travel-Tales to India 11:30 Walking Program 12:00 Vaisakhi Luncheon (By Invite) 2:30 Art & Crafts 3:30 Room Visits</p>	<p>9:30 Music with Jeff 15 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 16 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program 2:30 Movie & Popcorn 2:45 Room Visits</p>	<p>9:30 Morning Exercise 17 10:00 Gratitude Circle 10:30 Arts & Crafts 12:00 Italian Lunch Outing (By Invite) 2:30 Bingo 3:30 Walking Program</p>	<p>9:30 Chair Grooves 18 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour</p> <p style="text-align: center;"><small>Good Friday</small></p>	<p>9:30 Morning Stretch 19 10:15 Baking: Easter Bars 2:30 Social Hour 3:30 Room Visits</p>	
<p>9:30 Morning Stretch 20 10:00 Gratitude Circle 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Catholic Church Service (2nd Floor) 3:00 Active Game</p> <p style="text-align: center;"><small>Easter Sunday</small></p>	<p>9:30 Morning Exercise 21 10:00 Nail Spa 10:30 Java Music 11:30 Walking Program 2:30 Easter Egg Hunt 3:30 Room Visits</p>	<p>9:30 Music with Jeff 22 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program</p>	<p>9:30 Morning Exercise 23 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 24 10:00 Gratitude Circle 10:30 Active Games 2:45 Birthday Party with Greg Alcock (2nd Floor) 3:30 Walking Program</p>	<p>9:30 Chair Grooves 25 10:00 Abor Day Trivia & Puns 10:30 Walking Program 2:30 Friday Social Hour</p> <p style="text-align: center;"><small>Arbor Day</small></p>	<p>9:30 Morning Stretch 26 10:00 Tzu Chi Group (2nd Floor) 10:00 Bowling 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits</p>	
<p>9:30 Morning Stretch 27 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game</p>	<p>9:30 Morning Exercise 28 10:00 Nail Spa 10:30 Travel-Tales to Jerusalem 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits</p>	<p>9:30 Music with Jeff 29 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 30 10:00 Sikh Prayer 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<h1>April 2025</h1> <h2>Northcrest Seniors Community</h2>			

Posted April 1st, 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h1>Camellia</h1>		<p>8:50 Silence with Jeff 1 9:45 Morning Swim 10:30 Holy Rollin' 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program</p> <p style="text-align: center;"><small>All Fools' Day</small></p>	<p>9:30 Morning Stretch 2 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 3 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 4 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program</p>	<p>9:30 Morning Stretch 5 10:00 Walking Program 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy</p>	
<p>9:30 Morning Stretch 6 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Basketball 3:30 Hand Spa</p>	<p>9:30 Morning Stretch 7 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long</p>	<p>8:50 Music with Jeff 8 9:45 Morning Swim 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program</p>	<p>9:30 Morning Stretch 9 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 10 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 11 10:15 Baking: Rasmalai Milk Cake 2:30 Friday Social Hour 3:30 Walking Program</p>	<p>9:30 Morning Stretch 12 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy</p>	
<p>9:30 Morning Stretch 13 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa</p> <p style="text-align: center;"><small>Vaisakhi</small></p>	<p>9:30 Morning Stretch 14 10:00 Ball Toss 10:30 Table Crafts 12:00 Vaisakhi Luncheon (By Invite) 2:30 Helping Hands 3:00 Karaoke Sing-a-long</p>	<p>8:50 Music with Jeff 15 9:45 Morning Swim 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program</p>	<p>9:30 Morning Stretch 16 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 17 10:00 Bean Bag Toss 10:30 Walking Program 12:00 Italian Lunch Outing (By Invite) 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 18 10:00 Good News 2:30 Friday Social Hour 3:30 Walking Program</p> <p style="text-align: center;"><small>Good Friday</small></p>	<p>9:30 Morning Stretch 19 10:00 Walking Program 10:30 Tea Cart 2:30 Snoezelen Therapy 3:00 Doll Therapy</p>	
<p>9:30 Morning Stretch 20 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Basketball 3:30 Hand Spa</p> <p style="text-align: center;"><small>Easter Sunday</small></p>	<p>9:30 Morning Stretch 21 10:00 Ball Toss 10:30 Easter Egg Hunt 2:30 Helping Hands 3:00 Karaoke Sing-a-long</p>	<p>8:50 Music with Jeff 22 9:45 Morning Swim 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program</p>	<p>9:30 Morning Stretch 23 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 24 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Birthday Party with Greg Alcock 2:45 Helping Hands 3:15 Therapy Pet</p>	<p>9:30 Active Game 25 10:15 Baking: Caramelized Banana Pudding 2:30 Friday Social Hour 3:30 Walking Program</p> <p style="text-align: center;"><small>Arbor Day</small></p>	<p>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</p>	
<p>9:30 Morning Stretch 27 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa</p>	<p>9:30 Morning Stretch 28 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long</p>	<p>8:50 Music with Jeff 29 9:45 Morning Swim 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy 3:30 Walking Program</p>	<p>9:30 Morning Stretch 30 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family</p>	<h1>April 2025</h1> <h2>Northcrest Seniors Community</h2>			