

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Northcrest Seniors Community

			<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:30 Word Games 11:00 Ball Toss 2:30 Ladies Tea 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Afternoon Social 3:30 Walking Program</p>
<p>9:30 Morning Stretch 10:30 Hymn Sing 11:30 Walking Program 2:30 Cinco De Mayo Party with Duo Del Mar 3:30 Room Visits</p> <p><small>Cinco de Mayo</small></p>	<p>9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Mexico 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Flower Arranging 3:30 Active Games</p>	<p>9:30 Morning Stretch 10:45 Mother's Day Portraits 11:00 Ball Toss 2:00 Resident & Family Council 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:15 Baking: Cake 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Book Club 3:30 Walking Program</p>
<p>9:30 Morning Stretch 10:30 Mother's Day Reminisce 10:45 Walking Program 2:00 Church Service 3:00 Active Game 3:30 Room Visits</p> <p><small>Mother's Day</small></p>	<p>9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Mother's Day Tea with Greg Alcock 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Karaoke-sing-a-long 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Sensory Cart 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:30 Word Games 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 12:00 Pizza Hut Luncheon (By Invite) 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 10:30 Room Visits 2:30 Bingo 3:30 Afternoon Social 3:30 Walking Program</p>
<p>9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Victoria 3:30 Walking Program</p> <p><small>Victoria Day (Canada)</small></p>	<p>9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing 2:30 Arts & Crafts 2:30 Java Music 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 10:15 Baking: White Chocolate Chip Cookies 11:00 Ball Toss 2:45 Birthday Party with Peter Tennant 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Book Club 3:30 Walking Program</p>
<p>9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 12:00 South Asian Luncheon (By Invite) 2:00 Church Service 3:00 Active Game 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Belize 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Karaoke-sing-a-long 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Sensory Cart 3:30 Room Visits</p>	<p>9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program</p>	<p>9:30 Morning Stretch 10:30 Word Games 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>Dogwood & Trillium</p>

Sunday

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Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Northcrest Seniors Community

			<p>9:30 Morning Exercise 1 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 2 10:30 Arts & Crafts 2:30 Active Game 3:30 Walking Program</p>	<p>9:30 Chair Grooves 3 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 4 10:00 Tzu Chi Group (2nd Floor) 10:30 Table Games 2:30 Book Club 3:00 Calls with Family</p>
<p>9:30 Morning Stretch 5 10:30 Hymn Sing 11:30 Walking Program 2:30 Cinco De Mayo Party with Duo Del Mar (2nd Floor) 3:00 Active Game</p> <p><small>Cinco de Mayo</small></p>	<p>9:30 Morning Exercise 6 10:00 Nail Spa 10:30 Travel-Tales to Mexico 11:30 Walking Program 2:30 Table Games 3:30 Room Visits</p>	<p>9:30 Morning Stretch 7 10:30 Gratitude Circle 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 8 10:00 Flower Arranging 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 9 10:15 Mother's Day Portraits 2:00 Resident & Family Council (2nd Floor) 3:30 Walking Program</p>	<p>9:30 Chair Grooves 10 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 11 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Cake 2:30 Social Hour 3:00 Calls with Family</p>
<p>9:30 Morning Stretch 12 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:00 Church Service (2nd Floor) 3:00 Active Game</p> <p><small>Mother's Day</small></p>	<p>9:30 Morning Exercise 13 10:00 Nail Spa 10:30 Java Music 11:30 Walking Program 2:30 Mother's Day Tea w/ Greg Alcock (2nd Floor) 3:30 Room Visits</p>	<p>9:30 Morning Stretch 14 10:00 Music with Jeff 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 15 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 16 10:30 Gratitude Circle 2:30 Active Game 3:30 Walking Program</p>	<p>9:30 Chair Grooves 17 10:30 Trivia 11:00 Walking Program 12:00 Pizza Hut Luncheon (By Invite) 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 18 10:30 Table Games 2:30 Book Club 3:00 Calls with Family</p>
<p>9:30 Morning Stretch 19 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game</p>	<p>9:30 Morning Exercise 20 10:00 Nail Spa 10:30 Travel-Tales to Victoria 11:30 Walking Program 2:30 Table Games 3:30 Room Visits</p> <p><small>Victoria Day (Canada)</small></p>	<p>9:30 Morning Stretch 21 10:30 Gratitude Circle 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 22 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 23 10:30 Arts & Crafts 2:45 Birthday Party with Peter Tennant (2nd Floor) 3:30 Walking Program</p>	<p>9:30 Chair Grooves 24 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>9:30 Morning Stretch 25 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Oatmeal Raisin Cookies 2:30 Social Hour 3:00 Calls with Family</p>
<p>9:30 Morning Stretch 26 10:30 Magazine Scavenger Hunt 10:45 Walking Program 12:00 South Asian Luncheon (By Invite) 2:00 Church Service (2nd Floor) 3:00 Active Game</p> <p>Posted May 1st, 2024</p>	<p>9:30 Morning Exercise 27 10:00 Nail Spa 10:30 Travel Tales to Belize 11:30 Walking Program 2:30 Java Music 3:30 Room Visits</p>	<p>9:30 Morning Stretch 28 10:00 Music with Jeff 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program</p>	<p>9:30 Morning Exercise 29 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits</p>	<p>9:30 Morning Exercise 30 10:30 Gratitude Circle 2:30 Active Game 3:30 Walking Program</p>	<p>9:30 Chair Grooves 31 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits</p>	<p>Primrose</p>

Posted May 1st, 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Northcrest Seniors Community

			<p>9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Table Crafts 2:00 Friday Social Hour 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy</p>
<p>9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Cinco De Mayo Party with Duo Del Mar (2nd Floor) 3:00 Ball Toss</p> <p><small>Cinco de Mayo</small></p>	<p>9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long</p>	<p>9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Mother's Day Portraits 10:30 Ball Toss 2:00 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Baking: Oatmeal Raisin Cookies 2:00 Friday Social Hour 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy</p>
<p>9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss</p> <p><small>Mother's Day</small></p>	<p>9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Mother's Day Tea w/ Greg Alcock (2nd Floor) 3:00 Karaoke Sing-a-long</p>	<p>9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Table Crafts 12:00 Pizza Hut Luncheon (By Invite) 2:00 Friday Social Hour 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Walking Program 2:00 Snoezelen Therapy 3:00 Doll Therapy</p>
<p>9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long</p> <p><small>Victoria Day (Canada)</small></p>	<p>9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 2:00 Birthday Party with Peter Tennant 2:45 Helping Hands 3:30 Therapy Pet</p>	<p>9:30 Active Game 10:00 Baking: White Chocolate Chip Cookies 2:00 Friday Social Hour 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy</p>
<p>9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 12:00 South Asian Luncheon (By Invite) 2:00 Table Games 3:00 Ball Toss</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long</p>	<p>9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program</p>	<p>9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family</p>	<p>9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet</p>	<p>9:30 Active Game 10:00 Table Crafts 2:00 Friday Social Hour 3:00 Walking Program</p>	<h1>Camellia</h1>