

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2024

							9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Afternoon Social 3:30 Walking Program	1					
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	2	9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Key West 3:30 Walking Program	3	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	4	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	5	9:30 Morning Stretch 10:30 Word Games 11:00 Ball Toss 2:00 Resident & Family Council 3:30 Walking Program	6	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 12:00 Picnic Luncheon (By Invite) 2:30 Friday Social Hour	7	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Book Club 3:30 Walking Program	8
9:30 Morning Stretch 10:30 Word Games 10:45 Outdoor Strolls 2:00 Church Service 3:00 Active Game 3:30 Room Visits	9	9:30 Morning Exercise 10:00 Sensory Cart 10:30 Baking: Mango Float 11:30 Cultural Program 2:30 Travel-Tales to Philippines 3:30 Walking Program	10	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	11	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Philippine Independence Cart 2:30 Flower Arranging 3:30 Walking Program <small>Philippine Independence Day</small>	12	9:30 Morning Stretch 10:45 Father's Day Portraits 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	13	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Father's Day Party with Allen Boolinoff 3:30 Room Visits	14	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Walking Program	15
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Father's Day Ice Cream Social <small>Father's Day</small>	16	9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Barcelona 3:30 Walking Program	17	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	18	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	19	9:30 Morning Stretch 10:15 Taste Testing: Fresh Fruit 11:00 Ball Toss 2:30 Ladies Tea 3:30 Walking Program <small>Summer Begins</small>	20	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	21	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Room Visits 2:30 Bingo 3:30 Book Club 3:30 Walking Program	22
9:30 Morning Stretch 10:30 Word Games 10:45 Outdoor Strolls 2:00 Church Service 3:00 Active Game 3:30 Room Visits	23	9:30 Morning Exercise 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Bay of Kotor 3:30 Walking Program	24	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	25	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Bowling 3:30 Walking Program	26	9:30 Morning Stretch 10:30 Word Games 11:00 Ball Toss 2:30 Birthday Party with John Parsons 3:30 Movie & Popcorn 3:30 Walking Program	27	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	28	9:30 Morning Stretch 10:30 Room Visits 2:30 Bingo 3:30 Ice Cream Social 3:30 Walking Program	29
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	30												

Northcrest Seniors Community Dogwood & Trillium

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2024

							9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:30 Table Games 2:30 Book Club 3:30 Room Visits	1					
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	2	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Key West 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	3	9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Outdoor Strolls	4	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	5	9:30 Morning Exercise 10:30 Arts & Crafts 2:00 Resident & Family Council (2nd Floor) 2:30 Active Game 3:30 Walking Program	6	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 12:00 Picnic Luncheon (By Invite) 2:30 Friday Social Hour	7	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Buko Pandan 2:30 Social Hour 3:30 Room Visits	8
9:30 Morning Stretch 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:00 Church Service (2nd Floor) 3:00 Active Game	9	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Philippines 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	10	9:30 Morning Stretch 10:30 Gratitude Circle 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	11	9:30 Morning Exercise 10:00 Flower Arranging 10:30 Sikh Prayer 11:00 Walking Program 2:30 Philippine Independence Cart 2:30 Bingo	12	9:30 Morning Exercise 10:15 Father's Day Portraits 10:30 Gratitude Circle 2:30 Active Game 3:30 Outdoor Strolls	13	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 2:30 Father's Day Party with Allen Boolinoff (2nd Floor)	14	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:30 Table Games 2:30 Book Club 3:30 Room Visits	15
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Father's Day Ice Cream Social	16	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Barcelona 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	17	9:30 Morning Stretch 10:00 Music with Jeff 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Outdoor Strolls	18	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	19	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Active Game 3:30 Walking Program	20	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour	21	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Taste Testing: Fresh Fruit 2:30 Social Hour 3:30 Room Visits	22
9:30 Morning Stretch 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:00 Church Service (2nd Floor) 3:00 Active Game	23	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Bay of Kotor 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	24	9:30 Morning Stretch 10:30 Gratitude Circle 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	25	9:30 Morning Exercise 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	26	9:30 Morning Exercise 10:30 Gratitude Circle 2:30 Birthday Party with John Parsons (2nd Floor) 3:30 Outdoor Strolls	27	9:30 Chair Grooves 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour	28	9:30 Morning Stretch 10:30 Table Games 2:30 Book Club 3:30 Room Visits	29
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Ice Cream Social	30	Northcrest Seniors Community Primrose											

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2024

							9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy						
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	2	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	3	9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program	4	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	5	9:30 Morning Stretch 10:00 Baking: Mango Float 2:00 Resident & Family Council (2nd Floor) 2:00 Helping Hands 3:00 Therapy Pet	6	9:30 Active Game 10:00 Ball Toss 12:00 Picnic Luncheon (By Invite) 2:00 Friday Social Hour 3:00 Walking Program	7	9:30 Morning Stretch 10:00 Outdoor Strolls 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy	8
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	9	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	10	9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Outdoor Strolls	11	9:30 Morning Stretch 10:00 Calls with Family 2:00 Sikh Prayer 2:30 Philippine Independence Cart 3:00 Hand Spa 4:00 Calls with Family <small>Philippine Independence Day</small>	12	9:30 Father's Day Portraits 10:00 Morning Stretch 10:30 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet	13	9:30 Active Game 2:30 Father's Day Party with Allen Boolinoff (2nd Floor) 3:00 Walking Program	14	9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy	15
9:30 Hymn Sing 10:30 Sikh Prayer Service (Meeting Centre) 2:00 Father's Day Ice Cream Social 3:00 Ball Toss <small>Father's Day</small>	16	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	17	9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Walking Program	18	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	19	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet <small>Summer Begins</small>	20	9:30 Active Game 10:00 Taste Testing: Fresh Fruit 2:00 Friday Social Hour 3:00 Walking Program	21	9:30 Morning Stretch 10:00 Outdoor Strolls 10:00 Tzu Chi Group (2nd Floor) 2:00 Snoezelen Therapy 3:00 Doll Therapy	22
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	23	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	24	9:25 Music with Jeff 10:00 Morning Stretch 10:30 Hymn Sing 2:00 Helping Hands 3:00 Outdoor Strolls	25	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	26	9:30 Morning Stretch 10:00 Ball Toss 2:00 Helping Hands 2:30 Birthday Party with John Parsons (2nd Floor) 3:00 Therapy Pet	27	9:30 Active Game 10:00 Table Crafts 2:00 Friday Social Hour 3:00 Walking Program	28	9:30 Morning Stretch 10:00 Walking Program 2:00 Snoezelen Therapy 3:00 Doll Therapy	29
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ice Cream Social	30	Northcrest Seniors Community Camellia											