

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Dogwood &amp; Trillium</b>	9:30 Morning Exercise <b>1</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program <b>2:30 Canada Day w/ Cheek to Cheek</b> 3:30 Walking Program <small>Canada Day</small>	9:30 Morning Stretch <b>2</b> 10:00 Karaoke-sing-a-long <b>11:15 Hymn Sing</b> 2:30 Magazine Scavenger Hunt 2:30 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise <b>3</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch <b>4</b> <b>10:15 Baking: Mais Con Yelo</b> 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program <small>Independence Day (US)</small>	9:30 Chair Grooves <b>5</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>6</b> <b>10:00 Tzu Chi Group</b> 10:30 Refreshment Cart 2:30 Bingo 3:30 Book Club 3:30 Walking Program	
	9:30 Morning Stretch <b>7</b> 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	9:30 Morning Exercise <b>8</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Rome 3:30 Walking Program	9:30 Morning Stretch <b>9</b> <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing &amp; Communion</b> 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits	9:30 Morning Exercise <b>10</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch <b>11</b> 10:30 Word Games 11:00 Ball Toss <b>2:00 Resident &amp; Family Council</b> 3:30 Walking Program	9:30 Chair Grooves <b>12</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>13</b> <b>10:00 Tzu Chi Group</b> 10:30 Refreshment Cart 2:30 Bingo <b>3:30 Ice Cream Social</b> 3:30 Walking Program
	9:30 Morning Stretch <b>14</b> 10:30 Word Games 10:45 Outdoor Strolls <b>2:00 Church Service</b> 3:00 Active Game 3:30 Room Visits	9:30 Morning Exercise <b>15</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Cancun 3:30 Walking Program	9:30 Morning Stretch <b>16</b> 10:00 Karaoke-sing-a-long <b>11:15 Hymn Sing</b> <b>12:30 2<sup>nd</sup> Floor Resident BBQ Luncheon</b> 2:30 Magazine Scavenger Hunt 2:30 Sensory Cart	9:30 Morning Exercise <b>17</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch <b>18</b> <b>10:15 Baking: Mango Black Bean Salsa</b> 11:00 Ball Toss <b>2:45 Birthday Party with Peter Tennant</b> 3:30 Walking Program	9:30 Chair Grooves <b>19</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>20</b> <b>10:00 Tzu Chi Group</b> 10:30 Refreshment Cart <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Bingo 3:30 Book Club 3:30 Walking Program
	9:30 Morning Stretch <b>21</b> <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 2:30 Hymn Sing 3:00 Horse Racing 3:30 Room Visits	9:30 Morning Exercise <b>22</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Los Angeles 3:30 Walking Program	9:30 Morning Stretch <b>23</b> <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Arts & Crafts 2:30 Java Music 3:30 Room Visits	9:30 Morning Exercise <b>24</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch <b>25</b> 10:30 Word Games 11:00 Ball Toss <b>11:30 Picnic Lunch to Unwin Park (By Invite)</b> 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Chair Grooves <b>26</b> 10:30 Trivia 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>27</b> <b>10:00 Tzu Chi Group</b> 10:30 Refreshment Cart 2:30 Bingo <b>3:30 Ice Cream Social</b> 3:30 Walking Program
	9:30 Morning Stretch <b>28</b> 10:30 Word Games 10:45 Outdoor Strolls <b>2:00 Church Service</b> 3:00 Active Game 3:30 Room Visits	9:30 Morning Exercise <b>29</b> 10:00 Trivia 10:30 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Tokyo 3:30 Walking Program	9:30 Morning Stretch <b>30</b> 10:00 Karaoke-sing-a-long <b>11:15 Hymn Sing</b> 2:30 Magazine Scavenger Hunt 2:30 Sensory Cart 3:30 Room Visits	9:30 Morning Exercise <b>31</b> 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	<div style="text-align: center;"> <h1>July 2024</h1> <h2>Northcrest Seniors Community</h2> </div>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Primrose</b>	9:30 Morning Exercise <b>1</b> 10:00 Nail Spa 10:30 Table Games 11:30 Walking Program <b>2:30 Canada Day w/ Cheek to Cheek (2<sup>nd</sup> Floor)</b> 3:30 Room Visits  <small>Canada Day</small>	9:30 Morning Stretch <b>2</b> <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Exercise <b>3</b> 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise <b>4</b> 10:30 Arts & Crafts 2:30 Active Game 3:30 Walking Program  <small>Independence Day (US)</small>	9:30 Chair Grooves <b>5</b> 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch <b>6</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Refreshment Cart <b>10:15 Baking: Mais Con Yelo</b> 2:30 Social Hour 3:30 Room Visits	
	9:30 Morning Stretch <b>7</b> 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	9:30 Morning Exercise <b>8</b> 10:00 Nail Spa 10:30 Travel-Tales to Rome 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Morning Stretch <b>9</b> 10:30 Gratitude Circle <b>11:15 Hymn Sing &amp; Communion (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise <b>10</b> 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise <b>11</b> 10:30 Gratitude Circle <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:30 Outdoor Strolls	9:30 Chair Grooves <b>12</b> 10:30 Trivia 11:00 Walking Program <b>2:30 Friday Ice Cream Social Hour</b>	9:30 Morning Stretch <b>13</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Refreshment Cart 10:30 Table Games 2:30 Book Club 3:30 Room Visits
	9:30 Morning Stretch <b>14</b> 10:30 Magazine Scavenger Hunt 10:45 Walking Program <b>2:00 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	9:30 Morning Exercise <b>15</b> 10:00 Nail Spa 10:30 Travel-Tales to Cancun 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	9:30 Morning Stretch <b>16</b> <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Exercise <b>17</b> 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise <b>18</b> 10:30 Arts & Crafts <b>2:45 Birthday Party with Peter Tennant</b> 3:30 Walking Program	9:30 Chair Grooves <b>19</b> 10:30 Trivia 11:00 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch <b>20</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> <b>10:15 Baking: Smoothies</b> <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Social Hour 3:30 Room Visits
	9:30 Morning Stretch <b>21</b> <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 2:30 Hymn Sing 3:00 Active Game	9:30 Morning Exercise <b>22</b> 10:00 Nail Spa 10:30 Travel-Tales to Los Angeles 11:30 Walking Program 2:30 Java Music 3:30 Room Visits	9:30 Morning Stretch <b>23</b> 10:30 Gratitude Circle <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise <b>24</b> 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise <b>25</b> 10:30 Gratitude Circle <b>11:30 Picnic Lunch to Unwin Park (By Invite)</b> 2:30 Active Game 3:30 Outdoor Strolls	9:30 Chair Grooves <b>26</b> 10:30 Trivia 11:00 Walking Program <b>12:30 Primrose Resident BBQ Luncheon</b> <b>2:30 Friday Ice Cream Social Hour</b>	9:30 Morning Stretch <b>27</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Refreshment Cart 10:30 Table Games 2:30 Book Club 3:30 Room Visits
	9:30 Morning Stretch <b>28</b> 10:30 Magazine Scavenger Hunt 10:45 Walking Program <b>2:00 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	9:30 Morning Exercise <b>29</b> 10:00 Nail Spa 10:30 Travel-Tales to Tokyo 11:30 Walking Program 2:30 Table Games 3:30 Room Visits	9:30 Morning Stretch <b>30</b> <b>10:00 Music with Jeff</b> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Exercise <b>31</b> 10:30 Sikh Prayer 11:00 Walking Program 2:30 Bingo 3:30 Room Visits	<h1>July 2024</h1> <h2>Northcrest Seniors Community</h2>		
	Posted July 1 <sup>st</sup> , 2024						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Camellia</b>	9:30 Morning Stretch <b>1</b> 10:00 Ball Toss 10:30 Word Games 2:00 Helping Hands <b>2:30 Canada Day w/ Cheek to Cheek (2<sup>nd</sup> Floor)</b> 3:00 Karaoke Sing-a-long  <small>Canada Day</small>	<b>9:25 Music with Jeff 2</b> 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	<b>9:30 Morning Stretch 3</b> 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	<b>9:30 Morning Stretch 4</b> 10:00 Ball Toss 2:00 Helping Hands 3:00 Therapy Pet  <small>Independence Day (US)</small>	<b>9:30 Active Game 5</b> 10:00 Good News 2:00 Friday Social Hour 3:00 Walking Program	<b>9:30 Morning Stretch 6</b> 10:00 Outdoor Strolls <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Refreshment Cart 2:00 Snoezelen Therapy 3:00 Doll Therapy	
	9:30 Morning Stretch <b>7</b> 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games 3:00 Ball Toss	<b>9:30 Morning Stretch 8</b> 10:00 Ball Toss 10:30 Table Crafts <b>11:30 Camellia Resident BBQ Luncheon</b> 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	<b>9:25 Music with Jeff 9</b> 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Outdoor Strolls	<b>9:30 Morning Stretch 10</b> 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	<b>9:30 Morning Stretch 11</b> 10:00 Ball Toss 2:00 Helping Hands <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:00 Therapy Pet	<b>9:30 Active Game 12</b> <b>10:15 Baking: Smoothies</b> 2:00 Friday Social Hour 3:00 Walking Program	<b>9:30 Morning Stretch 13</b> 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Refreshment Cart 2:00 Snoezelen Therapy 3:00 Doll Therapy
	9:30 Morning Stretch <b>14</b> 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games <b>3:00 Ice Cream Social</b>	<b>9:30 Morning Stretch 15</b> 10:00 Ball Toss 10:30 Word Games 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	<b>9:25 Music with Jeff 16</b> 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	<b>9:30 Morning Stretch 17</b> 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	<b>9:30 Morning Stretch 18</b> 10:00 Ball Toss <b>2:00 Birthday Party with Peter Tennant</b> 2:30 Helping Hands 3:00 Therapy Pet	<b>9:30 Active Game 19</b> 10:00 Good News 2:00 Friday Social Hour 3:00 Walking Program	<b>9:30 Morning Stretch 20</b> 10:00 Outdoor Strolls <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> <b>12:00 South Asian Luncheon (By Invite)</b> 2:00 Snoezelen Therapy 3:00 Doll Therapy
	9:30 Morning Stretch <b>21</b> <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 2:00 Hymn Sing 3:00 Ball Toss	<b>9:30 Morning Stretch 22</b> 10:00 Ball Toss 10:30 Table Crafts 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	<b>9:25 Music with Jeff 23</b> 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Outdoor Strolls	<b>9:30 Morning Stretch 24</b> 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	<b>9:30 Morning Stretch 25</b> 10:00 Ball Toss <b>11:30 Picnic Lunch to Unwin Park (By Invite)</b> 2:00 Helping Hands 3:00 Therapy Pet	<b>9:30 Active Game 26</b> <b>10:15 Baking: Chocolate Muffins</b> 2:00 Friday Social Hour 3:00 Walking Program	<b>9:30 Morning Stretch 27</b> 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Refreshment Cart 2:00 Snoezelen Therapy 3:00 Doll Therapy
	9:30 Morning Stretch <b>28</b> 10:00 Hymn Sing 10:30 Walking Program 2:00 Table Games <b>3:00 Ice Cream Social</b>	<b>9:30 Morning Stretch 29</b> 10:00 Ball Toss 10:30 Word Games 2:00 Helping Hands 2:30 Ring Toss 3:00 Karaoke Sing-a-long	<b>9:25 Music with Jeff 30</b> 10:00 Morning Stretch <b>10:30 Hymn Sing</b> 2:00 Helping Hands 3:00 Walking Program	<b>9:30 Morning Stretch 31</b> 10:00 Calls with Family 10:30 Walking Program 2:00 Sikh Prayer 3:00 Hand Spa 4:00 Calls with Family	<h1>July 2024</h1> <h2>Northcrest Seniors Community</h2>		