

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Ice Cream Social 3:30 Room Visits	1 9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Taiwan 3:30 Walking Program	3 9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:30 Room Visits	4 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	5 9:30 Morning Stretch 10:15 Baking: Loaded Fries 11:00 Ball Toss 12:00 KFC Luncheon (By Invite) 2:30 Ladies Tea 3:30 Movie & Popcorn	6 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	7 9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
8 9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Horse Racing 3:30 Room Visits	9 9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to the Philippines 3:30 Walking Program	10 9:30 Morning Stretch 10:10 Music with Jeff 10:45 Father's Day Portraits 11:15 Hymn Sing 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts	11 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	12 9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Philippine Independence Cart 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program <small>Philippine Independence Day</small>	13 9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	14 9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
15 9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Catholic Church Service 3:15 Ice Cream Social 3:30 Room Visits <small>Father's Day</small>	16 9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Father's Day Party with John Parsons 3:30 Walking Program	17 9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:30 Room Visits	18 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	19 9:30 Morning Stretch 10:15 Baking: Banana Bread 11:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	20 9:30 Chair Grooves 10:00 Giant Scrabble 10:30 Hand Spa 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits <small>Summer Begins</small>	21 9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits <small>Indigenous Peoples Day</small>
22 9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Church Service 3:15 Active Games 3:30 Room Visits	23 9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Indonesia 3:30 Walking Program	24 9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Java Music 2:30 Tea Cart 3:00 Arts & Crafts 3:30 Room Visits	25 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	26 9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Birthday Party with Sue Breton 3:30 Movie & Popcorn 3:30 Walking Program	27 9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	28 9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
29 9:30 Morning Stretch 10:30 Word Games 10:45 Walking Program 2:30 Hymn Sing 3:15 Ice Cream Social 3:30 Room Visits	30 9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Malaysia 3:30 Walking Program	<div> <div>June 2025</div> <div>Northcrest Seniors Community, Dogwood & Trillium</div> </div>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game	1 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Taiwan 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits	2 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	3 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	4 9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 12:00 KFC Luncheon (By Invite) 2:30 Active Game 3:00 Walking Program	5 9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	6 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Bowling 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits
8 9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Ice Cream Social	9 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to the Philippines 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	10 9:30 Music with Jeff 10:15 Father's Day Portraits 10:45 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program	11 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	12 9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Philippine Independence Cart 2:30 Active Game 3:00 Walking Program <small>Philippine Independence Day</small>	13 9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Walking Program 2:30 Friday Social Hour	14 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Peach Crisp 2:30 Social Hour 3:30 Hand Spa
15 9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Catholic Church Service (2nd Floor) 3:00 Active Game <small>Father's Day</small>	16 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Singapore 11:30 Walking Program 2:30 Father's Day Party with John Parsons (2nd Floor)	17 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	18 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	19 9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	20 9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour <small>Summer Begins</small>	21 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Bowling 2:30 Book Cart 2:45 Hand Spa 3:30 Room Visits <small>Indigenous Peoples Day</small>
22 9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Ice Cream Social	23 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Indonesia 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits	24 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program	25 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	26 9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Birthday Party with Sue Breton (2nd Floor) 3:00 Walking Program	27 9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Walking Program 2:30 Friday Social Hour	28 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Strawberry Delight 2:30 Social Hour 3:30 Hand Spa
29 9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Magazine Scavenger Hunt 10:45 Walking Program 2:30 Hymn Sing 3:00 Active Game	30 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Malaysia 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	<div> <h1>June 2025</h1> <h2>Northcrest Seniors Community, Primrose</h2> </div>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	1 9:30 Morning Stretch 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Karaoke Sing-a-long	2 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	3 9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	4 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 12:00 KFC Luncheon (By Invite) 2:30 Helping Hands 3:00 Therapy Pet	5 9:30 Active Game 10:15 Baking: Filipino Puto 2:30 Friday Social Hour 3:30 Walking Program	6 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
8 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	9 9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ice Cream Social	10 8:50 Music with Jeff 9:30 Father's Day Portraits 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	11 9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	12 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Philippine Independence Cart 3:30 Helping Hands Philippine Independence Day	13 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	14 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
15 9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Basketball 3:30 Hand Spa Father's Day	16 9:30 Morning Stretch 10:00 Ball Toss 10:30 Bingo 2:30 Father's Day Party with John Parsons (2 nd Floor) 3:00 Helping Hands	17 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	18 9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	19 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	20 9:30 Active Game 10:15 Baking: Strawberry Delight 2:30 Friday Social Hour 3:30 Walking Program Summer Begins	21 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy Indigenous Peoples Day
22 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	23 9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Ice Cream Social	24 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	25 9:30 Morning Stretch 10:00 Calls with Family 10:30 Walking Program 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	26 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Birthday Party with Sue Breton (2 nd Floor) 3:00 Helping Hands	27 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	28 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
29 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	30 9:30 Morning Stretch 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<div>June 2025</div> <div>Northcrest Seniors Community, Camellia</div>				