

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 Northcrest Seniors Community		9:30 Morning Stretch 10:30 Word Games 11:15 Hymn Sing 2:30 Canada Day Party with Gord & Janice 3:30 Room Visits Canada Day	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Resident & Family Council 3:30 Movie & Popcorn 3:30 Walking Program	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	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Church Service 3:15 Horse Racing 3:30 Room Visits	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Nova Scotia 3:30 Walking Program	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	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch 10:15 Baking: Red Velvet Cupcakes 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 12:00 BBQ Luncheon 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Outdoor Strolls 2:30 Church Service 3:15 Snow Cone Social 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Prince Edward Island 3:30 Walking Program	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	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Birthday Party with Michelle Carlisle 3:45 Walking Program	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	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Catholic Church Service 3:15 Active Games 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Quebec 3:30 Walking Program	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	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Outdoor Strolls	9:30 Morning Stretch 10:15 Baking: Tutti Frutti 11:00 Ball Toss 11:30 Picnic Lunch Outing (By Invite) 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	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	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 12:00 South Asian Luncheon (By Invite) 2:30 Bingo 3:30 Book Cart 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Outdoor Strolls 2:30 Church Service 3:15 Smoothie Social 3:30 Room Visits	9:30 Morning Exercise 10:00 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Northwest Territories 3:30 Walking Program	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	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	Dogwood & Trillium	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2025</h1> <h2>Northcrest Seniors Community</h2>		9:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Canada Day Party with Gord & Janice (2nd Floor) 3:30 Walking Program <small>Canada Day</small>	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Resident & Family Council (2nd Floor) 3:00 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	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
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 10:45 Walking Program 2:30 Church Service (2nd Floor) 3:00 Snow Cone Social	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales Nova Scotia 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Outdoor Strolls 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Vanilla Cupcakes 2:30 Social Hour 3:30 Hand Spa
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 11:00 Outdoor Strolls 2:30 Church Service (2nd Floor) 3:00 Active Game	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales Prince Edward Island 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Bingo 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Movie & Popcorn 2:45 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Birthday Party with Michelle Carlisle (2nd Floor) 3:00 Walking Program	9:30 Chair Grooves 10:00 Trivia 10:30 Walking Program 12:00 BBQ Luncheon 2:30 Friday Social Hour	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
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	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales Quebec 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Outdoor Strolls 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 11:30 Picnic Lunch Outing (By Invite) 2:30 Active Game 3:00 Walking Program	9:30 Chair Grooves 10:00 Fresh Fruit Focus 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Tutti Frutti 12:00 South Asian Luncheon (By Invite) 2:30 Social Hour 3:30 Hand Spa
9:30 Morning Stretch 10:00 Gratitude Circle 10:30 Word Games 11:00 Outdoor Strolls 2:30 Church Service (2nd Floor) 3:00 Smoothie Social	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales Northwest Territories 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 10:00 Gratitude Circle 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	Primrose	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2025</h1> <h2>Northcrest Seniors Community</h2>		9:30 Morning Stretch 1 10:30 Hymn Sing 2:30 Canada Day Party with Gord & Janice (2nd Floor) 2:45 Helping Hands 3:00 Snoezelen Therapy <small>Canada Day</small>	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	9:30 Morning Stretch 3 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 4 10:15 Baking: Tutti Frutti 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 5 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
9:30 Morning Stretch 6 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	9:30 Morning Stretch 7 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Karaoke Sing-a-long	8:50 Music with Jeff 8 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 9 10:00 Calls with Family 10:30 Outdoor Strolls 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 10 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 11 10:00 Good News 10:30 Walking Program 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	9:30 Morning Stretch 12 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
9:30 Morning Stretch 13 10:00 Hymn Sing 10:30 Outdoor Strolls 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	9:30 Morning Stretch 14 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Snow Cone Social	8:50 Music with Jeff 15 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	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	9:30 Morning Stretch 17 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Birthday Party with Michelle Carlisle (2nd Floor) 2:45 Helping Hands 3:00 Therapy Pet	9:30 Active Game 18 10:15 Baking: Muffins 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 19 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen & Doll Therapy
9:30 Morning Stretch 20 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Hymn Sing 3:00 Basketball 3:30 Hand Spa	9:30 Morning Stretch 21 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Karaoke Sing-a-long	8:50 Music with Jeff 22 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 23 10:00 Calls with Family 10:30 Outdoor Strolls 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 24 10:00 Bean Bag Toss 10:30 Walking Program 11:30 Picnic Lunch Outing (By Invite) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 25 10:00 Good News 10:30 Walking Program 11:30 BBQ Luncheon 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	9:30 Morning Stretch 26 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 12:00 South Asian Luncheon (By Invite) 2:30 Helping Hands
9:30 Morning Stretch 27 10:00 Hymn Sing 10:30 Outdoor Strolls 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	9:30 Morning Stretch 28 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Smoothie Social	8:50 Music with Jeff 29 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	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	9:30 Morning Stretch 31 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	<h1>Camellia</h1>	