

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2025					9:30 Morning Exercise 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 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:15 Horse Racing 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 3:30 Walking Program BC Day	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: Peda 11:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Morning Exercise 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 2:30 Bingo 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Outdoor Strolls 11:00 Calls with Family 2:30 Church Service 3:15 Snow Cone Social 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Pakistan 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Arts & Crafts 2:30 Tea Cart 3:30 Room Visits	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:00 Active Games with Northside Community 3:30 Walking Program	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Corn Roast with Sue Breton 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Morning Exercise 10:00 Timeslips 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 India Independence Cart India Independence Day	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 Room Visits
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Calls with Family 2:30 Catholic Church Service 3:15 Active Games 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 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 Walking Program	9:30 Morning Stretch 10:15 Baking: Burfi 11:00 Ball Toss 2:30 Men's Club 3:00 Movie & Popcorn 3:00 Walking Program	9:30 Morning Exercise 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 2:30 Bingo 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Outdoor Strolls 11:00 Calls with Family 2:30 Church Service 3:15 Smoothie Social 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Singapore 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing & Communion 2:30 Magazine Scavenger Hunt 2:30 Tea Cart	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 11:30 Picnic Lunch Outing (By Invite) 2:30 Basketball	9:30 Morning Stretch 10:00 Ball Toss 11:00 Word Games 2:30 Birthday Party with John Parsons 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Morning Exercise 10:00 Timeslips 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 12:30 BBQ Luncheon 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family 2:30 Hymn Sing 3:15 Horse Racing 3:30 Book Cart	Northcrest Seniors Community, Dogwood & Trillium					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2025					9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 10:00 Hand Spa 2:30 Book Cart 2:45 Bowling 3:30 Room Visits
9:30 Morning Stretch 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 to BC 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits BC Day	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 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	9:30 Morning Exercise 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: Cupcakes 2:30 Social Hour 3:30 Hand Spa
9:30 Morning Stretch 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 to Pakistan 11:30 Walking Program 12:30 BBQ Luncheon 2:30 Art & Crafts	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 Bean Bag Toss 10:30 Walking Program 2:00 Bingo with Northside Community 3:30 Room Visits	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Corn Roast with Sue Breton (2nd Floor) 3:00 Walking Program	9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour 2:30 India Independence Cart India Independence Day	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Hand Spa 12:00 South Asian Luncheon (By Invite) 2:30 Book Cart 2:45 Bowling
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Catholic Church Service (2nd Floor) 3:00 Smoothie Social	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to India 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 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	9:30 Morning Exercise 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: Blueberry Muffin 2:30 Social Hour 3:30 Hand Spa
9:30 Morning Stretch 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 to Singapore 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 & Communion (2nd Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Ring Toss 10:30 Walking Program 11:30 Picnic Lunch Outing (By Invite) 2:30 Bingo	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Birthday Party with John Parsons (2nd Floor) 3:00 Walking Program	9:30 Morning Exercise 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 Hand Spa 2:30 Book Cart 2:45 Bowling 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Outdoor Strolls 2:30 Hymn Sing 3:00 Active Game	Northcrest Seniors Community, Primrose					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2025						9:30 Active Game 1 10:15 Baking: Burfi 2:30 Friday Social Hour 3:30 Walking Program
9:30 Morning Stretch 3 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	9:30 Morning Stretch 4 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Travel Tales to BC	8:50 Music with Jeff 5 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 6 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 7 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 8 10:00 Good News 10:30 Walking Program 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	9:30 Morning Stretch 9 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 10 10:00 Hymn Sing 10:30 Outdoor Strolls 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	BC Day 9:30 Morning Stretch 11 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Snow Cone Social	8:50 Music with Jeff 12 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 13 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 14 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Corn Roast with Sue Breton (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 15 10:00 Good News 2:30 Friday Social Hour 2:30 India Independence Cart 3:30 Walking Program	9:30 Morning Stretch 16 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 17 10:00 Hymn Sing 10:30 Walking Program 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Table Games 3:00 Ring Toss	9:30 Morning Stretch 18 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Travel Tales to India	8:50 Music with Jeff 19 9:45 Morning Stretch 10:30 Hymn Sing 11:30 BBQ Luncheon 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 20 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 21 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 22 10:00 Good News 10:30 Walking Program 2:30 Friday Social Hour 3:30 Fresh Fruit Focus	9:30 Morning Stretch 23 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 24 10:00 Hymn Sing 10:30 Outdoor Strolls 2:30 Table Games 3:00 Basketball 3:30 Hand Spa	9:30 Morning Stretch 25 10:00 Ball Toss 10:30 Table Crafts 2:30 Helping Hands 3:00 Smoothie Social	8:50 Music with Jeff 26 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 27 10:00 Calls with Family 10:30 Walking Program 11:30 Picnic Lunch Outing (By Invite) 2:30 Sikh Prayer 2:45 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 28 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Birthday Party with John Parsons (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	9:30 Active Game 29 10:15 Baking: Peda 2:30 Friday Social Hour 3:30 Walking Program	9:30 Morning Stretch 30 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 31 10:00 Hymn Sing 10:30 Walking Program 2:30 Table Games 3:00 Ring Toss 3:30 Hand Spa	Northcrest Seniors Community, Camellia					