

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Dogwood & Trillium	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales Through the Workforce</b> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 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 10:00 Ball Toss 11:00 Karaoke Sing-a-long <b>2:30 Resident &amp; Family Council</b> 3:45 Walking Program	9:30 Morning Exercise 10:00 Word Games 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 <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	
	Labor Day						
	9:30 Morning Stretch 10:30 Hymn Sing 11:00 Walking Program 11:00 Calls with Family <b>2:45 Grandparents Day/ Birthday Party w/ Peter T.</b> 3:45 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Peru</b> 3:30 Outdoor Strolls	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Arts & Crafts 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 <b>10:15 Baking: Dubai Chocolate Brownies</b> 11:00 Ball Toss 2:30 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Morning Exercise 10:00 Word Games 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 <b>10:00 Tzu Chi Group</b> 10:30 Outdoor Strolls <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Bingo 3:30 Room Visits
	Grandparents Day						
	9:30 Morning Stretch <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 11:00 Walking Program 11:00 Calls with Family <b>2:30 Church Service</b> 3:15 Horse Racing 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Indonesia</b> 3:30 Walking Program	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Java Music 2:30 Tea Cart 3:00 Magazine Scavenger Hunt 3:30 Room Visits	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games	9:30 Morning Stretch 10:00 Ball Toss 11:00 Karaoke Sing-a-long <b>12:00 Picnic Luncheon (By Invite)</b> 2:30 Ladies Tea 3:30 Movie & Popcorn 3:30 Walking Program	9:30 Morning Exercise 10:00 Word Games 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 <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits
						Oktoberfest Begins	
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family <b>2:30 Catholic Church Service</b> 3:15 Active Games 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Bali</b> 3:30 Outdoor Strolls	9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing &amp; Communion</b> <b>2:30 Oktoberfest Party with the Bavarian Boys</b>	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	9:30 Morning Stretch <b>10:15 Baking: Loaded Veggie Nachos</b> 11:00 Ball Toss 2:30 Men's Club 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 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>10:00 Tzu Chi Group</b> 10:30 Outdoor Strolls 2:30 Bingo 3:30 Room Visits	
	Autumn Begins						
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family <b>2:30 Church Service</b> 3:15 Horse Racing 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Java Music 3:30 Walking Program	9:30 Morning Stretch <b>10:30 Studying Indigenous Art &amp; Culture</b> <b>11:15 Hymn Sing</b> <b>2:30 Travel-Tales to the Tsawwassen First Nation</b> 3:30 Room Visits	<div><div>September 2025</div><div>Northcrest Seniors Community</div></div>				
		National Day for Truth and Reconciliation					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Primrose	9:30 Morning Exercise 1 10:00 Nail Spa 10:30 Travel-Tales Through the Workforce 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits  Labor Day	9:30 Music with Jeff 2 10:30 Morning Stretch 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Basketball 3:30 Walking Program	9:30 Morning Exercise 3 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Outdoor Strolls 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 4 10:30 Arts & Crafts 2:30 Resident & Family Council (2 <sup>nd</sup> Floor) 3:00 Walking Program	9:30 Morning Exercise 5 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 6 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:15 Baking: Banana Oat Cookies 2:30 Social Hour 3:30 Room Visits	
	9:30 Morning Stretch 7 10:30 Hymn Sing 10:45 Walking Program 2:45 Grandparents Day/ Birthday Party w/ Peter T. (2 <sup>nd</sup> Floor)  Grandparents Day	9:30 Morning Exercise 8 10:00 Nail Spa 10:30 Travel-Tales to Peru 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits	9:30 Music with Jeff 9 10:30 Morning Stretch 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Active Games 3:30 Walking Program	9:30 Morning Exercise 10 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 11 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	9:30 Morning Exercise 12 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 13 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:00 Table Games 12:00 South Asian Luncheon (By Invite) 2:30 Book Cart 2:45 Bowling 3:30 Room Visits
	9:30 Morning Stretch 14 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Outdoor Strolls 2:30 Church Service (2 <sup>nd</sup> Floor) 3:00 Active Game	9:30 Morning Exercise 15 10:00 Nail Spa 10:30 Travel-Tales to Indonesia 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Music with Jeff 16 10:30 Morning Stretch 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Bingo 3:30 Walking Program	9:30 Morning Exercise 17 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Outdoor Strolls 2:30 Movie & Popcorn	9:30 Morning Exercise 18 10:30 Arts & Crafts 12:00 Picnic Luncheon (By Invite) 2:30 Active Game 3:00 Walking Program	9:30 Morning Exercise 19 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 20 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:15 Baking: Oatmeal Apple Bread 2:30 Social Hour 3:30 Room Visits  Oktoberfest Begins
9:30 Morning Stretch 21 10:30 Word Games 11:00 Walking Program 2:30 Catholic Church Service (2 <sup>nd</sup> Floor) 3:00 Active Game	9:30 Morning Exercise 22 10:00 Nail Spa 10:30 Travel-Tales to Bali 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits  Autumn Begins	9:30 Music with Jeff 23 10:30 Morning Stretch 11:15 Hymn Sing & Communion (2 <sup>nd</sup> Floor) 2:30 Oktoberfest Party with the Bavarian Boys (2 <sup>nd</sup> Floor)	9:30 Morning Exercise 24 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 25 10:30 Arts & Crafts 2:30 Active Game 3:00 Walking Program	9:30 Morning Exercise 26 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	9:30 Morning Stretch 27 10:00 Tzu Chi Group (2 <sup>nd</sup> Floor) 10:00 Table Games 2:30 Book Cart 2:45 Bowling 3:30 Room Visits	
9:30 Morning Stretch 28 10:30 Word Games 11:00 Outdoor Strolls 2:30 Church Service (2 <sup>nd</sup> Floor) 3:00 Active Game	9:30 Morning Exercise 29 10:00 Nail Spa 10:30 Table Games 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits	9:30 Morning Stretch 30 10:30 Studying Indigenous Art & Culture 11:15 Hymn Sing (2 <sup>nd</sup> Floor) 2:30 Travel-Tales to the Tsawwassen First Nation 3:30 Walking Program  National Day for Truth and Reconciliation	September 2025 Northcrest Seniors Community				



Posted September 1<sup>st</sup>, 2025

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**Northcrest Seniors Community**