

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

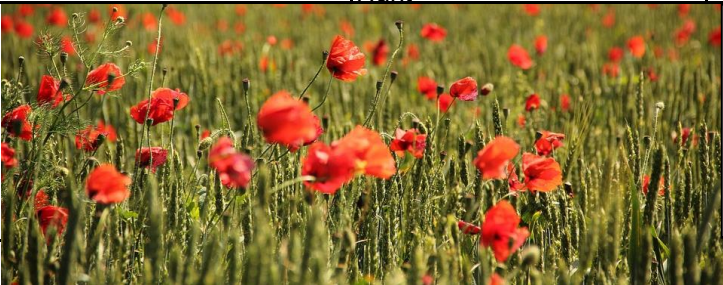
November 2025

Northcrest Seniors Community

November 2025												9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	1
Northcrest Seniors Community													
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:15 Active Games 3:30 Book Cart Daylight Saving Time Ends	2	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Poland 3:30 Walking Program	3	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	4	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	5	9:30 Morning Stretch 10:00 Ball Toss 11:00 Karaoke Sing-a-long 2:00 Resident & Family Council 3:45 Walking Program	6	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	7	9:30 Morning Stretch 10:00 Table Games 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	8
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Calls with Family 2:30 Church Service 3:15 Horse Racing 3:30 Book Cart	9	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Vimy Ridge 3:30 Walking Program	10	9:30 Morning Stretch 10:30 Remembrance Day Service w/ Isaac Robinson 2:30 Java Music 2:30 Tea Cart 3:00 Magazine Scavenger Hunt Remembrance Day	11	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo *Recreation Training* 3:30 Active Games	12	9:30 Morning Stretch 10:15 Baking: Donuts 11:00 Ball Toss 3:00 Men's Club 3:30 Movie & Popcorn 3:30 Walking Program	13	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	14	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	15
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family 2:30 Catholic Church 3:15 Active Games 3:30 Book Cart	16	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Travel-Tales to Iceland 3:30 Walking Program	17	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	18	9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball	19	8:30 Breakfast Club (By Invite) 9:45 Morning Stretch 10:30 Baking: Cookies 11:00 Ball Toss 2:30 Ladies Tea 3:00 Movie & Popcorn	20	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	21	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	22
9:30 Morning Stretch 10:30 Tree Decorating 11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:15 Horse Racing 3:30 Book Cart	23	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 12:00 Japanese Food Luncheon (By Invite) 2:30 Travel-Tales to Alaska 3:30 Walking Program	24	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing & Communion 2:30 Java Music 2:30 Tea Cart 3:00 Magazine Scavenger Hunt	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 Karaoke Sing-a-long 2:30 Birthday Party with John Parsons 3:30 Walking Program	27	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	28	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	29

9:30 Morning Stretch
10:30 Word Games
11:00 Walking Program
11:00 Calls with Family
2:30 Hymn Sing
3:15 Active Games
3:30 Book Cart

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Dogwood & Trillium



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2025

Northcrest Seniors Community

November 2025												9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Table Games 2:30 Book Cart 2:45 Bowling 3:30 Room Visits		1						
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game Daylight Saving Time Ends		2	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Poland 11:30 Walking Program 2:30 Java Music Club 3:30 Room Visits		3	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Basketball 3:30 Walking Program		4	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits		5	9:30 Morning Exercise 10:30 Arts & Crafts 2:00 Resident & Family Council (2nd Floor) 3:00 Walking Program		6	9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour		7	9:30 Morning Stretch 10:15 Baking: Cookies 2:30 Book Cart 2:45 Bowling 3:30 Room Visits		8
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game		9	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Vimy Ridge 11:30 Walking Program 2:30 Art & Crafts 3:30 Room Visits		10	9:30 Morning Stretch 10:30 Remembrance Day Service with Isaac Robinson (2nd Floor) 2:30 Active Games 3:30 Walking Program Remembrance Day		11	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Sensory Cart 10:30 Walking Program <i>*Recreation Training*</i> 3:30 Ball Toss		12	9:30 Morning Exercise 10:30 Arts & Crafts 2:30 Bingo 3:00 Walking Program		13	9:30 Morning Exercise 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour		14	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Table Games 2:30 Book Cart 2:45 Bowling 3:30 Room Visits		15
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Catholic Church Service (2nd Floor) 3:00 Active Game		16	9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Iceland 11:30 Walking Program 2:30 Karaoke Sing-a-long 3:30 Room Visits		17	9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Bingo 3:30 Walking Program		18	9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Movie & Popcorn		19	8:30 Breakfast Club (By Invite) 9:45 Morning Exercise 10:30 Arts & Crafts 2:30 Active Game		20	9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour		21	9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Baking: Donuts 2:30 Book Cart 2:45 Bowling 3:30 Room Visits		22
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9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Hymn Sing 3:00 Active Game		30							Primrose											

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9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Basketball 3:30 Hand Spa		2	9:30 Morning Stretch 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Karaoke Sing-a-long		3	8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy		4	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		5	9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet		6	9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour		7	9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy		8				
Daylight Saving Time Ends																								
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Ring Toss 3:30 Hand Spa		9	9:30 Morning Stretch 10:00 Ball Toss 10:30 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy		10	9:30 Morning Stretch 10:30 Remembrance Day Service with Isaac Robinson (2nd Floor) 2:30 Helping Hands 3:00 Snoezelen Therapy		11	9:30 Morning Stretch 10:00 Calls with Family 10:30 Sikh Prayer <i>*Recreation Training*</i> 3:30 Hand Spa 4:00 Calls with Family		12	9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet		13	9:30 Active Game 10:15 Baking: Cookies 2:30 Friday Social Hour 3:30 Walking Program		14	9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy		15				
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