

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Northcrest Seniors Community, Dogwood & Trillium

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	<b>1</b> 9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Pennsylvania</b> 3:30 Walking Program <small>Groundhog Day</small>	<b>2</b> 9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Magazine Scavenger Hunt 2:30 Tea Cart 3:30 Room Visits	<b>3</b> 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	<b>4</b> 9:30 Morning Stretch 10:00 Ball Toss 11:00 Karaoke Sing-a-long <b>2:00 Resident &amp; Family Council</b> 3:45 Walking Program	<b>5</b> 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	<b>6</b> 9:30 Morning Stretch <b>10:00 Tzu Chi Chinese New Year Party</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>7</b>
9:30 Morning Stretch <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 11:00 Calls with Family <b>2:30 Church Service</b> 3:15 Active Games 3:30 Book Cart	<b>8</b> 9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Java Music Club (By Invite)</b> 3:30 Walking Program	<b>9</b> 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	<b>10</b> 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	<b>11</b> <b>8:30 Breakfast Club (By Invite)</b> 10:00 Morning Stretch 10:45 Ball Toss 2:30 Men's Club 3:15 Movie & Popcorn	<b>12</b> 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	<b>13</b> 9:30 Morning Stretch 10:00 Bingo 10:30 Walking Program <b>2:30 Valentine's Tea Social</b> 3:30 Room Visits	<b>14</b>
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family <b>2:30 Catholic Service</b> 3:15 Horse Racing 3:30 Book Cart	<b>15</b> 9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales to Family Vacations</b> 3:30 Walking Program <small>Family Day</small>	<b>16</b> 9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> <b>2:30 Mardi Gras Party with "Red Beans &amp; Rice"</b> 3:30 Room Visits <small>Mardi Gras Chinese New Year (Year of the Horse)</small>	<b>17</b> 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Active Games 3:30 Walking Program	<b>18</b> 9:30 Morning Stretch <b>10:15 Baking: Red Velvet Cake</b> 10:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn	<b>19</b> 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	<b>20</b> 9:30 Morning Stretch <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>21</b>
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 Active Games 3:30 Book Cart	<b>22</b> 9:30 Morning Exercise 10:30 News & Views <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing &amp; Communion</b> 2:30 Arts & Crafts 2:30 Tea Cart 3:30 Room Visits	<b>23</b> 9:30 Morning Stretch <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing &amp; Communion</b> 2:30 Arts & Crafts 2:30 Tea Cart 3:30 Room Visits	<b>24</b> 9:30 Morning Exercise 10:00 Sikh Prayer 10:30 Bingo 2:30 Basketball 3:30 Walking Program	<b>25</b> 9:30 Morning Stretch <b>10:15 Baking: Punjabi Biscuits</b> 11:00 Ball Toss <b>2:30 Birthday Party with Greg Alcock</b> 3:45 Walking Program	<b>26</b> 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	<b>27</b> 9:30 Morning Stretch <b>10:00 Tzu Chi Group</b> 10:30 Walking Program <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Bingo 3:30 Room Visits	<b>28</b>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Northcrest Seniors Community, Primrose

9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	1 9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Pennsylvania</b> 11:30 Walking Program 2:30 Karaoke Sing-a-long 3:30 Room Visits <small>Groundhog Day</small>	2 <b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> 2:30 Basketball 3:30 Walking Program	3 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	4 9:30 Morning Exercise 10:30 Giant Scrabble <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:45 Walking Program	5 9:30 Morning Exercise 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour	6 9:30 Morning Stretch <b>10:00 Tzu Chi Chinese New Year Party (2<sup>nd</sup> Floor)</b> 2:30 Book Cart 2:45 Table Games 3:30 Room Visits	7 9:30 Morning Stretch <b>10:15 Baking: Valentine Cookies</b> <b>2:30 Valentine's Tea Social (2<sup>nd</sup> Floor)</b> 2:30 Book Cart 3:30 Room Visits <small>Valentine's Day</small>
9:30 Morning Stretch <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	8 9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Shanghai</b> 11:30 Walking Program <b>2:30 Java Music Club (By Invite)</b> 3:30 Room Visits	9 <b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Arts &amp; Crafts (2<sup>nd</sup> Floor)</b> 2:45 Active Games 3:30 Walking Program	10 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	11 <b>8:30 Breakfast Club (By Invite)</b> 10:00 Morning Exercise 10:30 Hot Chocolate Cart 2:30 Active Game	12 9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	13 9:30 Morning Stretch <b>10:15 Baking: Valentine Cookies</b> <b>2:30 Valentine's Tea Social (2<sup>nd</sup> Floor)</b> 2:30 Book Cart 3:30 Room Visits	14 9:30 Morning Stretch <b>10:15 Baking: Valentine Cookies</b> <b>2:30 Valentine's Tea Social (2<sup>nd</sup> Floor)</b> 2:30 Book Cart 3:30 Room Visits <small>Valentine's Day</small>
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program <b>2:30 Catholic Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	15 9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to Family Vacations</b> 11:30 Walking Program 2:30 Karaoke Sing-a-long 3:30 Room Visits <small>Family Day</small>	16 <b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Mardi Gras Party with "Red Beans &amp; Rice" (2<sup>nd</sup> Floor)</b> <small>Mardi Gras Chinese New Year (Year of the Horse)</small>	17 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	18 9:30 Morning Exercise 10:30 Hot Chocolate Cart 2:30 Active Game 3:45 Walking Program	19 9:30 Morning Exercise 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour	20 9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Word Games 2:30 Book Cart 2:45 Table Games 3:30 Room Visits	21 9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Word Games 2:30 Book Cart 2:45 Table Games 3:30 Room Visits
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Active Game	22 9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales to New Orleans</b> 11:30 Walking Program <b>2:30 Java Music Club (By Invite)</b> 3:30 Room Visits	23 <b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Arts &amp; Crafts (2<sup>nd</sup> Floor)</b> 2:45 Active Games 3:30 Walking Program	24 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	25 9:30 Morning Exercise 10:30 Giant Crossword <b>2:30 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b> 3:45 Walking Program	26 9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	27 9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:15 Table Games <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Book Cart 2:45 Bowling	28 9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:15 Table Games <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Book Cart 2:45 Bowling

Posted February 1<sup>st</sup>, 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Northcrest Seniors Community, Camellia

9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	<b>1</b> 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy  <small>Groundhog Day</small>	<b>2</b> <b>8:50 Music with Jeff</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	<b>3</b> 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	<b>4</b> 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Therapy Pet	<b>5</b> 9:30 Active Game <b>10:15 Baking: Punjabi Biscuits</b> 2:30 Friday Social Hour 3:30 Walking Program	<b>6</b> 9:30 Morning Stretch 10:00 Walking Program <b>10:00 Tzu Chi Chinese New Year Party (2<sup>nd</sup> Floor)</b> 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy	<b>7</b>
9:30 Morning Stretch 10:00 Hymn Sing <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 2:30 Basketball 3:30 Hand Spa	<b>8</b> 9:30 Ball Toss 10:00 Bingo <b>2:30 Java Music Club (By Invite)</b> 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>9</b> <b>8:50 Music with Jeff</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	<b>10</b> 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	<b>11</b> <b>8:30 Breakfast Club (By Invite)</b> 10:00 Morning Stretch 10:30 Bean Bag Toss 10:45 Walking Program 2:15 Helping Hands 2:45 Therapy Pet	<b>12</b> 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour	<b>13</b> 9:30 Morning Stretch 10:00 Walking Program <b>10:30 Valentine's Tea Social</b> 2:30 Helping Hands 3:00 Snoezelen Therapy  <small>Valentine's Day</small>	<b>14</b>
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	<b>15</b> 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	<b>16</b> <b>8:50 Music with Jeff</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> <b>2:30 Mardi Gras Party with "Red Beans &amp; Rice" (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands <small>Mardi Gras Chinese New Year (Year of the Horse)</small>	<b>17</b> 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	<b>18</b> 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	<b>19</b> 9:30 Active Game <b>10:15 Baking: Biscoff Dessert</b> 2:30 Friday Social Hour 3:30 Walking Program	<b>20</b> 9:30 Morning Stretch 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy	<b>21</b>
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Basketball 3:30 Hand Spa	<b>22</b> 9:30 Ball Toss 10:00 Bingo <b>2:30 Java Music Club (By Invite)</b> 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>23</b> <b>8:50 Music with Jeff</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	<b>24</b> 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	<b>25</b> 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program <b>2:30 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Therapy Pet	<b>26</b> 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour	<b>27</b> 9:30 Morning Stretch 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Tea Cart <b>12:00 South Asian Luncheon (By Invite)</b> 2:30 Helping Hands	<b>28</b>

Posted February 1<sup>st</sup>, 2026