

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2026</h1> <h2>Northcrest Seniors Community, Dogwood & Trillium</h2>						
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 2:30 Travel-Tales to Pennsylvania 3:30 Walking Program <small>Groundhog Day</small>	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 Active Games 3:30 Walking Program	9:30 Morning Stretch 10:00 Ball Toss 11:00 Karaoke Sing-a-long 2:00 Resident & Family Council 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 10:00 Tzu Chi Chinese New Year Party 10:30 Walking Program 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 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 2:30 Java Music Club (By Invite) 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 2:30 Basketball 3:30 Walking Program	8:30 Breakfast Club (By Invite) 10:00 Morning Stretch 10:45 Ball Toss 2:30 Men's Club 3:15 Movie & Popcorn	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 10:00 Bingo 10:30 Walking Program 2:30 Valentine's Tea Social 3:30 Room Visits <small>Valentine's Day</small>
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 11:00 Calls with Family 2:30 Catholic 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 2:30 Travel-Tales to Family Vacations 3:30 Walking Program <small>Family Day</small>	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Mardi Gras Party with "Red Beans & Rice" 3:30 Room Visits <small>Mardi Gras Chinese New Year (Year of the Horse)</small>	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: Red Velvet Cake 11:00 Ball Toss 2:30 Ladies Tea 3:30 Movie & Popcorn	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 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 Walking Program 11:00 Calls with Family 2:30 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 2:30 Java Music Club (By Invite) 3:30 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing & Communion 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 10:15 Baking: Punjabi Biscuits 11:00 Ball Toss 2:30 Birthday Party with Greg Alcock 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 10:00 Tzu Chi Group Luncheon (By Invite) 10:30 Walking Program 12:00 South Asian 2:30 Bingo 3:30 Room Visits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2026</h1> <h2>Northcrest Seniors Community, Primrose</h2>						
9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game	1 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Pennsylvania 11:30 Walking Program 2:30 Karaoke Sing-a-long 3:30 Room Visits <small>Groundhog Day</small>	2 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 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 2:00 Resident & Family Council (2nd Floor) 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 10:00 Tzu Chi Chinese New Year Party (2nd Floor) 2:30 Book Cart 2:45 Table Games 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 Shanghai 11:30 Walking Program 2:30 Java Music Club (By Invite) 3:30 Room Visits	10 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Arts & Crafts (2nd Floor) 2:45 Active Games 3:30 Walking Program	11 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	12 8:30 Breakfast Club (By Invite) 10:00 Morning Exercise 10:30 Hot Chocolate Cart 2:30 Active Game	13 9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	14 9:30 Morning Stretch 10:15 Baking: Valentine Cookies 2:30 Valentine's Tea Social (2nd Floor) 2:30 Book Cart 3:30 Room Visits <small>Valentine's Day</small>
15 9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Catholic Service (2nd Floor) 3:00 Active Game	16 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to Family Vacations 11:30 Walking Program 2:30 Karaoke Sing-a-long 3:30 Room Visits <small>Family Day</small>	17 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Mardi Gras Party with "Red Beans & Rice" (2nd Floor) <small>Mardi Gras Chinese New Year (Year of the Horse)</small>	18 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	19 9:30 Morning Exercise 10:30 Hot Chocolate Cart 2:30 Active Game 3:45 Walking Program	20 9:30 Morning Exercise 10:00 Table Games 10:30 Walking Program 2:30 Friday Social Hour	21 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:00 Word Games 2:30 Book Cart 2:45 Table Games 3:30 Room Visits
22 9:30 Morning Stretch 10:30 Word Games 11:00 Walking Program 2:30 Church Service (2nd Floor) 3:00 Active Game	23 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales to New Orleans 11:30 Walking Program 2:30 Java Music Club (By Invite) 3:30 Room Visits	24 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Arts & Crafts (2nd Floor) 2:45 Active Games 3:30 Walking Program	25 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	26 9:30 Morning Exercise 10:30 Giant Crossword 2:30 Birthday Party with Greg Alcock (2nd Floor) 3:45 Walking Program	27 9:30 Morning Exercise 10:00 Trivia 10:30 Walking Program 2:30 Friday Social Hour	28 9:30 Morning Stretch 10:00 Tzu Chi Group (2nd Floor) 10:15 Table Games 12:00 South Asian Luncheon (By Invite) 2:30 Book Cart 2:45 Bowling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2026</h1> <h2>Northcrest Seniors Community, Camellia</h2>						
9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	1 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy Groundhog Day	2 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	3 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	4 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Resident & Family Council (2 nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	5 9:30 Active Game 10:15 Baking: Punjabi Biscuits 2:30 Friday Social Hour 3:30 Walking Program	6 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Chinese New Year Party (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
8 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Sikh Prayer Service (Meeting Centre) 2:30 Basketball 3:30 Hand Spa	9 9:30 Ball Toss 10:00 Bingo 2:30 Java Music Club (By Invite) 2:30 Helping Hands 3:00 Karaoke Sing-a-long	10 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	11 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	12 8:30 Breakfast Club (By Invite) 10:00 Morning Stretch 10:30 Bean Bag Toss 10:45 Walking Program 2:15 Helping Hands 2:45 Therapy Pet	13 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour	14 9:30 Morning Stretch 10:00 Walking Program 10:30 Valentine's Tea Social 2:30 Helping Hands 3:00 Snoezelen Therapy Valentine's Day
15 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	16 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy Family Day	17 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Mardi Gras Party with "Red Beans & Rice" (2 nd Floor) 2:30 Helping Hands Mardi Gras Chinese New Year (Year of the Horse)	18 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	19 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	20 9:30 Active Game 10:15 Baking: Biscoff Dessert 2:30 Friday Social Hour 3:30 Walking Program	21 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
22 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Basketball 3:30 Hand Spa	23 9:30 Ball Toss 10:00 Bingo 2:30 Java Music Club (By Invite) 2:30 Helping Hands 3:00 Karaoke Sing-a-long	24 8:50 Music with Jeff 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	25 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	26 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Birthday Party with Greg Alcock (2 nd Floor) 2:30 Helping Hands 3:00 Therapy Pet	27 9:30 Active Game 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour	28 9:30 Morning Stretch 10:00 Walking Program 10:00 Tzu Chi Group (2 nd Floor) 10:30 Tea Cart 12:00 South Asian Luncheon (By Invite) 2:30 Helping Hands