

# October 2024

## Shepherd Village Terrace

MR - Music Room  
L - Library  
All programs are subject to change

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday



10:00 GROUP EXERCISE (MR) **1**  
10:00 1:1 Pet Visits with Benji (room visit)  
11:00 Brain Fitness- Trivia (MR)  
**2:00 Welcome October Tea Social (MR)**  
3:30 Manicure 1:1 (MR)  
3:30 Computer class (1-1)  
4:00 Prayer Group (L)  
6:00 MOVIE NIGHT (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **2**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 This is Jeopardy! (MR)  
**2:00 Milestone Birthday Celebration/ Community Hall**  
3:30 Documentary/ Rick Steves' European Festivals (MR)  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **3**  
10:30 1:1 Pet Visits with Cloe (room visit)  
11:00 Current Events Discussion/Trivia (MR)  
2:00 SPIRITUAL LIFE / Bible study with Nancy (MR)  
3:30 Music appreciation (MR)  
6:00 Evening Hymn Sing (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **4**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Games (MR)  
**2:30 Live entertainment with Davis Steven (MR)**  
3:30 Cirque de Solei Show (MR)  
6:00 MOVIE NIGHT (MR)

10:00 GROUP EXERCISE (MR) **5**  
11:00 Brain Fitness- Word Game (MR)  
1:30 BINGO! (MR)  
3:30 Scrabble Club (GR)  
6:00 Evening Hymn Sing (MR)

10:00 Church in the Village **6**  
6:00 Evening Hymn Sing (MR)



9:30 PHYSIO Strengthening and Balance focus. (MR) **7**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Game (MR)  
2:00 SPIRITUAL LIFE / Hymn singing (MR)  
3:30 Scrabble Club in the Game Room  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **8**  
10:00 1:1 Pet Visits with Benji (room visit)  
11:00 Brain Fitness- Trivia (MR)  
**2:00 ULSTER ACCORDION BAND SHOW IN THE COMMUNITY HALL**  
3:30 Computer class (1-1)  
4:00 Prayer Group (L)  
6:00 MOVIE NIGHT (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **9**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 This is Jeopardy! (MR)  
2:00 BINGO! (MR)  
3:30 Documentary/ Rick Steves' Europe /Portugal's Heartland (MR)  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **10**  
10:30 1:1 Pet Visits with Cloe (room visit)  
11:00 Current Events Discussion/Trivia (MR)  
2:00 SPIRITUAL LIFE / Bible study with Nancy (MR)  
6:00 Evening Hymn Sing (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **11**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Games (MR)  
**2:00 Live Performance! Justin Hatt (MR)**  
6:00 MOVIE NIGHT (MR)

10:00 GROUP EXERCISE (MR) **12**  
11:00 Brain Fitness- Word Game (MR)  
2:00 CURLING (MR)  
3:30 Scrabble Club (GR)  
6:00 Evening Hymn Sing (MR)

10:00 Church in the Village **13**  
6:00 Evening Hymn Sing (MR)



11:30 to 1:30 **14**



10:00 GROUP EXERCISE (MR) **15**  
10:00 1:1 Pet Visits with Benji (room visit)  
11:00 Brain Fitness- Trivia (MR)  
**2:00 Octoberfest Celebration Social (MR)**  
3:30 Manicure 1:1 (MR)  
3:30 Computer class (1-1)  
4:00 Prayer Group (L)  
6:00 MOVIE NIGHT (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **16**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 This is Jeopardy! (MR)  
2:00 Bus Trip Fall Leaves Country Side  
3:30 Documentary/ Jamaica  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **17**  
10:30 1:1 Pet Visits with Cloe (room visit)  
11:00 Current Events Discussion/Trivia (MR)  
2:00 SPIRITUAL LIFE / Bible study with Nancy (MR)  
6:00 Evening Hymn Sing (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **18**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Games (MR)  
**2:00 Live Performance! Kelly Davis-Singer Guitar (MR)**  
3:30 Cirque de Solei Show (MR)  
6:00 MOVIE NIGHT (MR)

10:00 GROUP EXERCISE (MR) **19**  
11:00 Brain Fitness- Word Game (MR)  
1:30 BINGO! (MR)  
3:30 Scrabble Club (GR)  
6:00 Evening Hymn Sing (MR)

10:00 Church in the Village **20**  
6:00 Evening Hymn Sing (MR)



9:30 PHYSIO Strengthening and Balance focus. (MR) **21**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Game (MR)  
2:00 SPIRITUAL LIFE / Hymn singing (MR)  
3:30 Comedy Show- Mr. Bean (MR)  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **22**  
10:00 1:1 Pet Visits with Benji (room visit)  
11:00 Brain Fitness- Trivia (MR)  
**2:00 Arts & Crafts Club/ Indigenous Art(MR)**  
3:30 Computer class (1-1)  
4:00 Prayer Group (L)  
6:00 MOVIE NIGHT (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **23**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 This is Jeopardy! (MR)  
2:00 BINGO! (MR)  
3:30 Documentary/ Gothenburg Sweden  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **24**  
10:30 1:1 Pet Visits with Cloe (room visit)  
11:00 Current Events Discussion/Trivia (MR)  
2:00 SPIRITUAL LIFE / Bible study with Nancy (MR)  
6:00 Evening Hymn Sing (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **25**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Games (MR)  
**2:00 Live Performance! Laurie Atkins in the Community Hall**  
6:00 MOVIE NIGHT (MR)

10:00 GROUP EXERCISE (MR) **26**  
11:00 Brain Fitness- Word Game (MR)  
1:30 Bowling (MR)  
3:30 Scrabble Club (GR)  
6:00 Evening Hymn Sing (MR)

10:00 Church in the Village **27**  
6:00 Evening Hymn Sing (MR)



9:30 PHYSIO Strengthening and Balance focus. (MR) **28**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 Word Game (MR)  
2:00 SPIRITUAL LIFE / Hymn singing (MR)  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **29**  
10:00 1:1 Pet Visits with Benji (room visit)  
11:00 Brain Fitness- Trivia (MR)  
**2:00 RESIDENTS' COUNCIL MEETING (MR)**  
3:30 Manicure 1:1 (MR)  
3:30 Computer class (1-1)  
4:00 Prayer Group (L)  
6:00 MOVIE NIGHT (MR)

9:30 PHYSIO Strengthening and Balance focus. (MR) **30**  
10:15 PHYSIO Stretching and Relaxation focus. (MR)  
11:00 This is Jeopardy! (MR)  
2:00 BINGO! (MR)  
3:30 Documentary/  
6:00 Evening Hymn Sing (MR)

10:00 GROUP EXERCISE (MR) **31**  
10:30 1:1 Pet Visits with Cloe (room visit)  
11:00 Current Events Discussion/Trivia (MR)  
2:00 SPIRITUAL LIFE / Bible study with Nancy (MR)  
6:00 Evening Hymn Sing (MR)

