

February 2025

Shepherd Village Terrace

Join our exciting group programs,
all hosted in the Terrace Music Room
unless noted otherwise.
Don't miss out on the fun!

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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*You shall love the Lord your God with all your heart
and with all your soul and with all your mind.
This is the great and first commandment.
And the second is like it:
You shall love your neighbour as yourself. Matthew 22:37-39*



10:00 GROUP EXERCISE
11:00 Brain Fitness- Word Game (MR)
2:00 BINGO!
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

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3
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 SPIRITUAL LIFE / Hymn singing
3:30 Computer class (1-1) /Library
6:00 MOVIE NIGHT

4
10:00 GROUP EXERCISE
10:00 1:1 Pet Visits with Benji
11:00 Brain Fitness- Trivia
2:00 RESIDENTS' COUNCIL MEETING
3:30 Manicure 1:1 in the Game Room
4:00 Prayer Group in the Library
6:00 Evening Hymn Sing

5
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 This is Jeopardy!
2:00 BINGO!
3:30 It's your choice TV show
6:00 Evening Hymn Sing

6
10:00 GROUP EXERCISE
10:30 1:1 Pet Visits with Cloe
11:00 Brain Fitness- Trivia
2:00 SPIRITUAL LIFE / Bible study with Nancy
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

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9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 Live Performance! Bruce Tournay
6:00 MOVIE NIGHT

8
10:00 GROUP EXERCISE
11:00 Brain Fitness- Word Game (MR)
1:30 CURLING
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

10:00 Church in the Village
6:00 Evening Hymn Sing

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10
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 SPIRITUAL LIFE / Hymn singing
3:30 Documentary/ Rick Steves Europe
6:00 Evening Hymn Sing

11
10:00 GROUP EXERCISE
10:00 1:1 Pet Visits with Benji
11:00 Brain Fitness- Trivia
2:00 Visit with Students from North Toronto Christian School
4:00 Prayer Group in the Library
6:00 MOVIE NIGHT

12
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 This is Jeopardy!
2:00 Sing-Along Love Songs
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

13
10:00 GROUP EXERCISE
10:30 1:1 Pet Visits with Cloe
11:00 Brain Fitness- Trivia
2:00 SPIRITUAL LIFE / Bible study with Nancy
3:30 Our Planet | Fresh Water | FULL EPISODE | Netflix
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

14
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 Milestone Wedding Anniversary Celebration/ Community Hall
6:00 Valentine's Day Party with Shannon Graham



15
10:00 GROUP EXERCISE
11:00 Brain Fitness- Word Game (MR)
2:00 Travelogue to the city of love- PARIS!!
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

10:00 Church in the Village
6:00 Evening Hymn Sing

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17
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 SPIRITUAL LIFE / Hymn singing
3:30 Computer class (1-1) /Library
3:30 Travelogue/ Our Planet | Jungles | FULL EPISODE | Netflix
6:00 Evening Hymn Sing

18
10:00 GROUP EXERCISE
10:00 1:1 Pet Visits with Benji
11:00 Brain Fitness- Trivia
2:00 Celebrating Black History Month
3:30 Manicure 1:1 in the Game Room
4:00 Prayer Group in the Library
6:00 MOVIE NIGHT

19
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 This is Jeopardy!
2:00 BINGO!
3:30 Music Appreciation (Andre Rieu)
6:00 Evening Hymn Sing

20
10:00 GROUP EXERCISE
10:30 1:1 Pet Visits with Cloe
11:00 Brain Fitness- Trivia
2:00 SPIRITUAL LIFE / Bible study with Nancy
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

21
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 Live Performance with Filipa Sousa
6:00 MOVIE NIGHT

22
10:00 GROUP EXERCISE
10:00 Tech Café in the Community Hall
11:00 Brain Fitness- Word Game (MR)
1:30 CURLING
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

10:00 Church in the Village
6:00 Evening Hymn Sing

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24
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 SPIRITUAL LIFE / Hymn singing
3:30 Documentary/ Rick Steves Europe
6:00 Evening Hymn Sing

25
10:00 GROUP EXERCISE
10:00 1:1 Pet Visits with Benji
11:00 Brain Fitness- Trivia
2:00 Education Hour/ Fall Prevention
3:30 Manicure 1:1 in the Game Room
4:00 Prayer Group in the Library
6:00 MOVIE NIGHT

26
9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 This is Jeopardy!
2:00 BINGO!
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

27
10:00 GROUP EXERCISE
10:30 1:1 Pet Visits with Cloe
11:00 Brain Fitness- Trivia
2:00 SPIRITUAL LIFE / Bible study with Nancy
3:30 Cirque de Solei Show
3:30 Scrable Club in the Game Room
6:00 Evening Hymn Sing

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9:30 PHYSIO Strengthening and Balance Focus.
10:15 PHYSIO Stretching and Relaxation Focus.
11:00 Brain Fitness- Word Game
2:00 LIVE PERFORMANCE IN THE COMMUNITY HALL/DUANE ATKINS (PIANO)
6:00 MOVIE NIGHT

