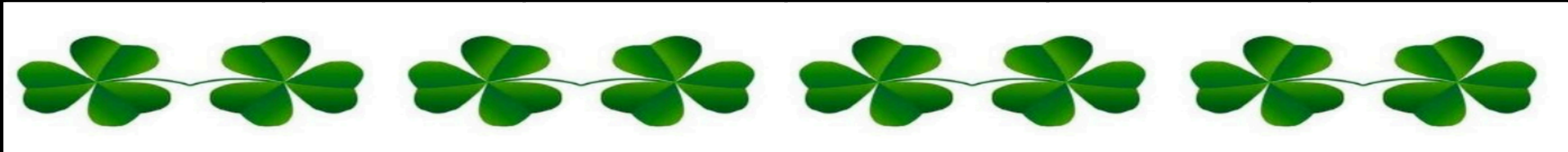


# March 2025

## 4th. Floor Shepherd Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



10:00 MINDFULL MUSIC (PL) **1**  
10:00 COUNTRY COOKING IN AZERBIJAN (PL)  
11:15 WORDS GAMES (ADN)  
3:00 AFTERNOON CONCERT (PL)  
3:30 BEAUTIFUL DESTINATIONS (PL)

9:30 MINDFULL MUSIC (PL) **2**  
10:00 VIRTUAL CHURCH SERVICE (PL)  
10:00 CHURCH SERVICE (TLS)  
3:15 BIBLE TRIVIA & HYMNS (PL)

10:00 CUBII EXERCISE 7RHA (PL) **3**  
10:00 CUBII EXERCISE (PL)  
2:00 DRUM FIT (VARI)  
3:30 1-1 MONTESSORI ACTIVITY (RSR)  
3:30 PHYSIO EXERCISE GROUP (PL)  
4:30 TIM JANIS REFLECTIONS (PL)

10:00 BALLOON GAME (PL) **4**  
1:15 MEN'S FELLOWSHIP (ADN)  
2:00 MOVIE AFTERNOON (CH)  
2:00 MAHJONG CLUB - RHA 7th. (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)  
6:00 SOUND THERAPY - RHA 3rd. (ND)

10:00 PAWSITIVELY PETS - RHA 7th. (PL) **5**  
3:30 TRAVEL DOCUMENTARY (PL)  
4:00 RECREATION STAFF MEETING  
6:00 HYMNS & BIBLE READING WITH 7RHA (PL)  
6:00 QUIDDLER ON RHA5 (PL)

10:00 FUN & FITNESS (PL) **6**  
11:00 OUT OF INDIA - WITH MIZAR (PL)  
2:00 HYMN SING - RHA 7 (PL)  
3:30 AZERBIJAN COUNTRY COOKING VLOG (TLS)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:00 WORD GAMES (ADN) **7**  
2:00 FRIDAY FELLOWSHIP (CH)  
3:30 DOMINOES GAME - 7RHA (PL)  
6:00 MOVIE NIGHT (PL)

10:00 COUNTRY COOKING IN AZERBIJAN (PL) **8**  
10:00 CUBI EXERCISE 7TH FLOOR (PL)  
10:30 CUBII EXERCISE (PL)  
2:00 SIT & FIT - DISCO THEME (CH)  
3:30 AFTERNOON MOVIE (PL)

9:00 GOSPEL MUSIC LISTENING (RSR) **9**  
10:00 CHURCH SERVICE (CH)  
10:00 VIRTUAL CHURCH SERVICE (PL)  
2:00 STROLLING MUSIC - RHA 5th & 6th. (Vari)  
2:00 HYMN SINGING (4FL)

9:30 SELF-DIRECTED ACTIVITIES (VARI) **10**  
11:00 WORD GAMES (PL)  
3:30 TRAVEL DOCUMENTARY (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:00 STAFF AT CARE CONFERENCE (ADS) **11**  
10:00 PAWSITIVELY PETS (PL)  
1:15 MEN'S FELLOWSHIP (ADN)  
2:00 PUZZLE QUEST (ADN)  
2:00 RESIDENT'S COUNCIL MTG. (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)  
6:00 BIG GAMES NIGHT - 7RHA (CH)

10:30 WALKING CLUB (MF) **12**  
2:00 RYTHM BAND (ADN)  
3:30 TRAVEL DOCUMENTARY (PL)  
4:00 RECREATION STAFF MEETING  
6:00 HYMNS & BIBLE READING WITH 7RHA (PL)  
6:00 SOUND THERAPY RHA 3RD. (ND)

10:00 FUN & FITNESS (PL) **13**  
10:30 PET THERAPY (PL)  
2:00 HYMN SING - RHA 7 (PL)  
2:00 IRISH DANCERS (GR)  
3:30 AZERBIJAN COUNTRY COOKING VLOG (TLS)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:30 WALKING CLUB (MF) **14**  
10:30 CUBII EXERCISE (PL)  
2:00 FRIDAY FELLOWSHIP (CH)  
2:00 ICECREAM SUNDAE TREAT (PL)  
3:30 1-1 MONTESSORI ACTIVITY (RSR)  
6:00 MOVIE NIGHT (PL)

10:00 MINDFULL MUSIC (PL) **15**  
10:00 COUNTRY COOKING IN AZERBIJAN (PL)  
2:00 SPIRITUAL REFLECTIONS (CH)  
3:30 AFTERNOON MOVIE (PL)  
3:30 BEAUTIFUL DESTINATIONS (PL)

9:30 MINDFULL MUSIC (PL) **16**  
10:00 VIRTUAL CHURCH SERVICE (PL)  
10:00 CHURCH SERVICE (TLS)  
3:15 BIBLE TRIVIA & HYMNS (PL)

10:00 CUBII EXERCISE 7RHA (PL) **17**  
10:30 St. PATTY'S DAY CONCERT (GR)  
2:00 CLASSIC COOKIE BAKING (DRN)  
3:30 1-1 MONTESSORI ACTIVITY (RSR)  
3:30 PHYSIO EXERCISE GROUP (PL)  
4:30 TIM JANIS REFLECTIONS (PL)

10:00 STAFF AT CARE CONFERENCE (ADS) **18**  
10:45 CUBII EXERCISE (PL)  
1:15 MEN'S FELLOWSHIP (ADN)  
2:00 MAHJONG CLUB - RHA 7th. (PL)  
2:00 BRAIN TEASERS (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)  
6:00 BIG GAMES NIGHT - 7RHA (CH)

2:00 AFTERNOON CONCERT (PL) **19**  
3:30 TRAVEL DOCUMENTARY (PL)  
4:00 RECREATION STAFF MEETING  
6:00 HYMNS & BIBLE READING WITH 7RHA (PL)  
6:00 QUIDDLER ON RHA5 (PL)

10:00 FUN & FITNESS (PL) **20**  
10:30 BALLOON GAME & FITNESS (PL)  
2:00 HYMN SING - RHA 7 (PL)  
3:30 BRAIN TEASERS (PL)  
3:30 AZERBIJAN COUNTRY COOKING VLOG (TLS)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:00 WORD GAMES (ADN) **21**  
2:00 FRIDAY FELLOWSHIP (CH)  
3:30 DOMINOES GAME - 7RHA (PL)  
6:00 MOVIE NIGHT (PL)

10:00 COUNTRY COOKING IN AZERBIJAN (PL) **22**  
10:00 CUBI EXERCISE 7TH FLOOR (PL)  
10:30 CUBII EXERCISE (PL)  
3:00 AFTERNOON CONCERT WITH RHA 6th. (PL)

9:00 GOSPEL MUSIC LISTENING (RSR) **23**  
10:00 CHURCH SERVICE (CH)  
10:00 VIRTUAL CHURCH SERVICE (PL)  
2:00 HYMN SINGING (PL)

9:30 SELF-DIRECTED ACTIVITIES (VARI) **24**  
11:00 WORD GAMES (PL)  
3:30 TRAVEL DOCUMENTARY (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:45 CUBII EXERCISE (PL) **25**  
1:15 MEN'S FELLOWSHIP (ADN)  
2:00 CIRCLE OF CARE RHA 7th. (PL)  
3:30 PHYSIO EXERCISE GROUP (PL)  
6:00 BIG GAMES NIGHT - 7RHA (CH)

2:00 RYTHM BAND (ADN) **26**  
3:30 TRAVEL DOCUMENTARY (PL)  
4:00 RECREATION STAFF MEETING  
6:00 HYMNS & BIBLE READING WITH 7RHA (PL)  
6:00 QUIDDLER ON RHA5 (PL)

10:00 FUN & FITNESS (PL) **27**  
2:00 HYMN SING - RHA 7 (PL)  
3:30 MONTESSORI ACTIVITY (VARI)  
3:30 BRAIN TEASERS (PL)  
3:30 AZERBIJAN COUNTRY COOKING VLOG (TLS)  
3:30 PHYSIO EXERCISE GROUP (PL)

10:30 INTERGENERATIONAL PROGRAM (GR) **28**  
2:00 SPELLING BEE (PL)  
2:00 FRIDAY FELLOWSHIP (CH)  
3:30 1-1 MONTESSORI ACTIVITY (RSR)  
6:00 MOVIE NIGHT (PL)

10:00 MINDFULL MUSIC (PL) **29**  
10:00 COUNTRY COOKING IN AZERBIJAN (PL)  
11:15 WORDS GAMES (ADN)  
3:00 AFTERNOON CONCERT (PL)  
3:30 BEAUTIFUL DESTINATIONS (PL)

9:30 MINDFULL MUSIC (PL) **30**  
10:00 VIRTUAL CHURCH SERVICE (PL)  
10:00 CHURCH SERVICE (TLS)  
3:15 BIBLE TRIVIA & HYMNS (PL)

10:00 CUBII EXERCISE 7RHA (PL) **31**  
10:00 CUBII EXERCISE (PL)  
2:00 DRUM FIT (VARI)  
3:30 1-1 MONTESSORI ACTIVITY (RSR)  
3:30 PHYSIO EXERCISE GROUP (PL)  
4:30 TIM JANIS REFLECTIONS (PL)



Locations Legend		
Piano Lounge (PL)	Varied (VARI)	Varied (Vari)
Community Hall (CH)	Gardenview Room (GR)	4th Floor (4FL)
Activity Den North (ADN)	North Den (ND)	Dining Room North (DRN)
TV Lounge South (TLS)	Activity Den South (ADS)	
Resident's room (RSR)	Main Floor (MF)	

