

Happy Seniors' Month!



June 2025

Shepherd Lodge RHA 3



Neha
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Shepherd Lodge
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All programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Church (TVNS) 1 10:00 Sunday Church Service (CH) 2:00 Hymn Sing (TLN) 3:00 Mindful Music	1:30 Physio Group (ADS) 2 2:30 Balloon Badminton (TLN) 2:30 Tai-Chi (6TH) 3:30 Outdoor Fun! (COUR) 6:15 Sing-a-Long (TLN) 7:15 1:1 Activities (VARI)	10:30 Music Therapy (ADN) 3 10:30 Walking Club (VARI) 11:10 Active Games (TLN) 1:30 Physio Group (ADS) 2:00 Bird-Watching (weather-dependent) (ODR) 3:30 Grocery Ad Scavenger Hunt (ADN) 6:00 Sound Therapy (ADS)	10:00 Sensory Videos 4 10:15 Cubii Exercise (TVNS) 2:15 Bingo! (PL) 2:30 Music Therapy (ADS) 3:30 Spiritual Life Hymn Sing (TLN)	10:30 Outdoor Activities (ODR) 5 11:10 Active Games (TLN) 1:30 Physio Group (ADS) 2:00 Ice Cream Social (ODR) 3:30 Sensory & Relaxation (SR) 6:00 2nd floor Brain Games (2ND)	10:00 Sensory Videos (TVNS) 6 1:30 Active Games (TLN) 2:00 Movie Afternoon 6:00 Sing-a-long	10:15 Active Games (TLN) 7 11:00 Active Games on RHA 2 (TLN) 2:00 Entertainment on RHA 2 (2ND) 3:30 Brain Games (TLN) 4:00 1:1 Programming (VARI)
10:00 Virtual Church (TVNS) 8 10:00 Church Service (CH) 2:00 Movie Afternoon (TVNS) 2:15 Hymn Sing on 2nd Floor (TLN) 3:00 Hymn Sing and Bible Trivia (TLS)	1:15 Montessori Activities (ADN) 9 1:30 Physio Group (ADS) 2:15 Planting with purpose (N/S) 2:30 Tai-Chi (6TH) 6:15 Sing-a-Long (TLN) 7:15 1:1 Activities (VARI)	10:30 Music Therapy (ADN) 10 10:30 Chinese Support Group (7FLR) 1:30 Physio Group (ADS)	10:00 Sensory Videos 11 10:15 Cubii Exercise (TVNS) 11:00 Farm Animals (CH) 2:15 Games & Puzzles (ADS) 2:30 Music Therapy (ADS) 3:30 Spiritual Life Hymn Sing (TLN)	9:00 Bluffer's Park (Out) 12 11:10 Active Games (TLN) 1:30 Physio Group (ADS) 2:15 Bingo! (PL) 3:45 Aromatherapy hand massage (VARI) 6:00 2nd floor Brain Games (2ND)	10:15 Active Games (TLN) 13 11:00 Active Games on RHA 2 (TLN) 2:15 Baby Nursery (ADS) 2:15 Father's Day Fun (ADN)	11:00 Active Games with Luisa (TLN) 14 2:00 Movies/Music (TVsn) 2:30 Afternoon Entertainment (TLN)
Happy Father's Day! 15 10:00 Virtual Church (TVNS) 10:00 Sunday Church Service (CH) 2:00 Hymn Sing (TLN) 3:00 Mindful Music	1:30 Physio Group (ADS) 16 2:00 Nature Mandela (ADN) 2:00 Active Games (TLN) 2:30 Tai-Chi (6TH) 6:15 Sing-a-Long (TLN) 7:15 1:1 Activities (VARI)	10:30 Music Therapy (ADN) 17 10:30 Walking Club (VARI) 11:10 Active Games (TLN) 1:30 Physio Group (ADS) 2:15 Bingo! (PL) 6:00 Sound Therapy (ADS)	10:00 Sensory Videos 18 10:15 Cubii Exercise (TVNS) 11:00 Assisting w/ BBQ 2:30 Music Therapy (ADS) 3:30 Spiritual Life Hymn Sing (TLN)	Recreation Education Day 19 10:00 Sensory Videos/Music/TV (TVsn) 1:30 Physio Group (ADS) 2:00 Movie Afternoon	10:00 Sensory Videos (TVNS) 20 2:00 Friday Fellowship-- Salvation Army Band (CH)	10:15 Active Games (TLN) 21 11:00 Active Games on RHA 2 (TLN) 2:00 Bowling Hour (CH) 3:30 Brain Games (TLN) 4:00 1:1 Programming (VARI)
10:00 Virtual Church (TVNS) 22 10:00 Church Service (CH) 2:00 Movie Afternoon (TVNS) 2:15 Hymn Sing on 2nd Floor (TLN) 3:00 Hymn Sing and Bible Trivia (TLS)	1:15 Montessori Activities (ADN) 23 1:30 Physio Group (ADS) 2:00 Drum Fit (CH) 2:30 Tai-Chi (6TH) 6:15 Sing-a-Long (TLN) 7:15 1:1 Activities (VARI)	10:30 Music Therapy (ADN) 24 1:30 Physio Group (ADS) 6:15 Big Games Night (7FLR)	10:00 Sensory Videos 25 10:15 Cubii Exercise (TVNS) 2:00 Strawberry Social (Vari) 2:30 Music Therapy (ADS) 3:30 Spiritual Life Hymn Sing (TLN)	10:30 Outdoor Activities (ODR) 26 1:30 Physio Group (ADS) 2:15 Bingo! (PL) 3:45 Aromatherapy hand massage (VARI)	10:15 Active Games (TLN) 27 11:00 Active Games on RHA 2 (TLN) 2:15 Birthday Celebration (PL) 3:00 Self-directed activities	10:00 Sensory Videos/Music/TV (TVsn) 28 11:00 Active Games with Luisa (TLN) 2:00 Movies/Music (TVsn)
10:00 Virtual Church (TVNS) 29 10:00 Sunday Church Service (CH) 2:00 Hymn Sing (TLN) 3:00 Mindful Music	1:30 Physio Group (ADS) 30 2:00 Active Games (TLN) 2:30 Tai-Chi (6TH) 6:00 Sing-a-Long (TLN)			<u>Locations Legend</u> TV Lounge North (TLN) Activity Den South (ADS) Tv lounge North & South (TVNS) Varied (VARI) Community Hall (CH) Activity Den North (ADN) 6th Floor (6TH) Piano Lounge (PL) Outdoors (ODR) TV south/north (TVsn) 2nd Floor (2ND) TV Lounge South (TLS) 7th Floor (7FLR) Courtyard (COUR) Sensory Room (SR) Balcony (N/S) Outing (Out) Varied (Vari)		