








# June 2025

## Senior's Month

## Shepherd Lodge RHA 5

Jeannette  
Recreation Assistant  
(416) 609-5700 Ext 254  
All program are  
Subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00 Church Service (CH) 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	9:30 Self Directed Activities (Vari) 10:00 Video Call (VARI) 10:15 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:15 Shuffleboard (SD) 2:30 Tai Chi -6fl (PL)	9:30 Physio Exercises 9:30 Self Directed Activities (Vari) 10:30 Art Therapy (ND) 10:30 Walking Club-5/6fl (VARI) 2:00 Bowling -5fl (PL) 3:15 Music Concert -tv (TLS)	9:30 Self Directed Activities (Vari) 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Puzzle Quest (ND) 3:00 Montessori Activities (VARI) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 10:00 Country Cooking 2:00 Andrea Rieu Concert (TLN) 3:30 Spiritual Hymn Sing (PL)	9:30 Self Directed Activities (Vari) 10:15 Fun & Fitness (PL) 10:45 Trivia (PL) 2:00 Friday Fellowship (CH) 2:00 Bowling (PL) 6:00 Friday Social Hour - 7fl (PL)	9:30 Travelogue (TLS) 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:30 Entertainment -5fl (PL) 3:00 Country Cooking (TLS) 	
10:00 Church Service (CH) 10:00 Virtual Service (PL) 2:00 Country Cooking (TLS) 2:00 Strolling Music -5/6fl (Vari) 3:15 Active Game (PL) 	9:30 Self Directed Activities (Vari) 10:00 Video Call (VARI) 10:15 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Bowling (CH) 2:30 Tai Chi -6fl (PL)	9:30 Self Directed Activities (Vari) 10:30 Art Therapy (ND) 10:30 Walking Club-5/6fl (VARI) 10:30 Cantonese Grp - 7fl (PL) 2:00 Resident's Council (PL) 3:15 Outdoor Walks (COUR)	9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 11:00 Farm Animals (COUR) 1:45 Video Call (RSR) 2:15 Active Game (PL) 5:45 Quiddler Night Grp (ND)	9:00 Bluffers Park Outing (Out) 9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 10:00 Country Cooking (TLS) 10:30 Spiritual Life Trivia (CH) 3:30 Spiritual Hymn Sing (PL)	9:30 Self Directed Activities (Vari) 10:00 Pawsitively Pets (PL) 2:00 Friday Fellowship (CH) 2:15 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour -5fl (PL)	10:00 Travelogue (TLS) 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 11:00 SLFC Event (CH) 2:00 Entertainment - 6fl (PL) 3:00 Country Cooking (TLS)	
HAPPY FATHER'S DAY 10:00 Church Service (CH) 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Ice Cream Sundaes 5/6fl (Vari)	9:30 Self Directed Activities (Vari) 10:00 Video Call (VARI) 10:15 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:30 Tai Chi -6fl (PL)	9:30 Country Cooking (TLS) 9:30 Physio Exercises 9:30 Self Directed Activities (Vari) 10:30 Art Therapy (ND) 10:30 Walking Club-5/6fl (VARI) 2:00 Bowling -5fl (PL) 3:15 Music Concert -tv (TLS)	9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Outdoor Walks (COUR) 5:45 Quiddler Night Grp (ND)	Recreation Staff Meeting 9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 3:30 Spiritual Hymn Sing (PL)	9:30 Self Directed Activities (Vari) 10:15 Fun & Fitness (PL) 10:45 Trivia (PL) 2:00 Friday Fellowship (CH) 2:15 Shuffleboard (SD) 6:00 Friday Social Hour -6fl (PL)	9:30 Travelogue (TLS) 11:00 Active Game (PL) 2:00 Bowling Hour (CH) 3:00 Country Cooking (TLS) 	
10:00 Church Service (CH) 10:00 Virtual Service (PL) 2:00 Country Cooking (TLS) 3:15 Active Game (PL) 	9:30 Self Directed Activities (Vari) 10:00 Country Cooking (STV) 2:00 Travelogue (STV) 2:00 Outdoor Games (COUR) 2:30 Tai Chi -6fl (PL)	9:30 Physio Exercises 9:30 Self Directed Activities (Vari) 10:30 Art Therapy (ND) 10:30 Walking Club-5/6fl (VARI) 2:00 Strawberry Prep 2:00 Comedy Hour (TLS) 6:15 Big Games-7fl (PL)	9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 10:30 Active Game (PL) 2:00 Travelogue 3:00 Strawberry Social (Vari)	9:30 Physio Exercises (PL) 9:30 Self Directed Activities (Vari) 10:30 Active Games (PL) 2:00 Travelogue (TLS) 2:00 Garden Walk -5/6fl (COUR) 3:30 Spiritual Hymn Sing (PL)	9:30 Self Directed Activities (Vari) 10:15 Fun & Fitness (PL) 10:45 Trivia (PL) 2:00 Friday Fellowship (CH) 2:15 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour-7fl (PL)	10:00 Travelogue (TLS) 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 2:00 Outdoor Concert (COUR) 3:00 Country Cooking (TLS)	
10:00 Church Service (CH) 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	9:30 Self Directed Activities (Vari) 10:00 Video Call (VARI) 10:15 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:30 Tai Chi -6fl (PL)						
		<div>Locations Legend</div> <div><div>Piano Lounge (PL) Varied (Vari) Varied (VARI) TV Lounge South (TLS) Community Hall (CH) North Den (ND)</div><div>Courtyard (COUR) South Den (SD) Resident's room (RSR) TV Lounge North (TLN) South TV Lounge (STV) Outing (Out)</div></div>					