



July 2025

Shepherd Lodge-RHA 2

Luisa
Recreation Assistant
(416) 609 - 5700 Ext. 233
Calendar may be adapted to fit the needs of our residents.

All activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:15 Gospel Music Listening (TVsn) 6 10:00 Virtual Service (TVns) 10:00 Church Service (CH) 2:15 Hymn Sing (TLN)	 10:00 Sensory Video & Music Relaxation (TVsn) 7 10:30 Strike Zone (TLN) 2:00 Drum Fit (CH) 3:15 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	Happy Canada Day 1 10:00 Mindful Music (TVsn) 10:30 Canada Day Celebration (CH) 1:30 1-1 Activities (Vari) 	10:00 Mindful Music (TVsn) 2 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	10:00 Music Relaxation (TVsn) 3 10:30 Physio Exercise (TLN) 2:00 Movie Matinee (TVNS) 2:00 Short Stories (ADN) 3:30 1:1 Staff Visits (ADN) 6:00 Sing-a-long (VARI)	10:00 Mindful Music (TVsn) 4 1:30 Physio Exercise (TLN) 2:00 Movie Matinee (TVNS) 2:00 Garden Walk (COUR) 6:00 Friday Night Social (RHA)	10:00 Music Relaxation (TVsn) 5 11:00 Active Games with Neha (TLN) 2:00 Weekend Concert (TLN) 
9:15 Sensory Video & Music Relaxation (TVsn) 13 10:00 Church Service (CH) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI) 	10:00 Sensory Video & Music Relaxation (TVsn) 14 10:15 Exercises & Games (ADN) 2:00 Drum Fit (CH) 6:15 Evening Sing-a-Long (3RD)	9:30 Plant Care (N/S) 15 10:00 Pawsitively Pets (TLN) 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS)	Recreation Education Day (Seminar) 16 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Music Therapy (ADN) 10:30 Balloon Games (TVns) 2:00 Hymn Sing & Service (TLN)	10:00 Music Relaxation (TVsn) 17 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN) 10:30 Outdoor Concert (ODR)	10:00 Sensory Video & Music Relaxation (TVsn) 18 1:30 Physio Exercise (TLN) 2:00 Bean Bag / Ring Toss Games (2ND) 2:15 Paper Crafting (ADS) 6:00 Friday Social Night (2ND)	10:00 Music Relaxation (TVsn) 19 10:30 Bowling (CH) 
9:15 Gospel music Listening (TVsn) 20 10:00 Church Service (CH) 10:00 Virtual Service (TVns) 2:15 Hymn Sing (TLN)	10:00 Sensory Video & Music Relaxation (TVsn) 21 10:15 Strike Zone (TLN) 2:00 Short Stories (ADN) 3:15 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	9:30 Plant Care (BALC) 22 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Physio Exercise (TLN) 11:00 Bag toss game (TVns) 2:00 Baby Nursery (ADS) 2:00 Toronto Mandarin Bible Camp (CH)	10:00 Sensory Video & Music Relaxation (TVsn) 23 10:30 Music Therapy (ADN) 10:30 Nature Walk (ODR) 12:00 KFC Picnic In the Garden (ODR) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	9:30 Windreach Farms Outing (ODR) 24 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	10:00 Music Relaxation (TVsn) 25 11:00 Active Games (TLN) 1:30 Physio Exercise (TLN) 2:00 Outside Kitchen (COUR) 6:00 Friday Night Social (RHA)	10:00 Sensory Video & Music Relaxation (TVsn) 26 2:00 Active Games (ODR) 2:00 Outdoor Concert (ODR) 3:30 Walking Club (VARI)
9:15 Sensory Video & Music Relaxation (TVsn) 27 10:00 Church Service (CH) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	10:00 Sensory Video & Music Relaxation (TVsn) 28 10:15 Exercises & Games (ADN) 2:00 Drum fit (CH) 3:15 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	9:30 Plant Care (N/S) 29 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Physio Exercise (TLN) 11:00 Strike Zone (TLN) 2:00 Baby Nursery (ADS) 6:00 Sensory Sound Therapy (3RD)	9:00 Rosetta Mclean Outing (TVNS) 30 10:00 Sensory Video & Music Relaxation (TVsn) 10:30 Music Therapy (ADN) 10:30 Nature Walk (ODR) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	10:00 Sensory Video & Music Relaxation (TVsn) 31 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	TV Lounge North (TLN) TV south/north (TVsn) Varied (VARI) Community Hall (CH) Activity Den North (ADN) Activity Den South (ADS) Outdoors (ODR) 3RD FLOOR (3RD) Courtyard (COUR) Tv lounge North & South (TVNS)  Balcony (N/S) Varied (Vari) RHA 6 (RHA) TV Lounge N/S (TVns) TV Lounge North/South (TVns) 2nd Floor (2ND) 6th Floor (6TH) Balcony (BALC) TV LOUNGE NORTH/SOUTH (TVNS)	