









July 2025

Shepherd Lodge RHA 4

Andrea
Recreation Assistant
Contact: 416-609-5700 Ext 258
Programs are subject to change.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|--|
|  |  | 10:30 Canada Day Concert (COUR) 1 10:30 Canada Day Concert (ODR) 2:00 Cover The Dot (ADN) 3:30 Canadian Railways, The Maritimes Travelogue (PL) 5:00 Hindi Movie Hour (TLS)  | 10:00 Music Memory Cafe (RSR) 2 2:00 Dominoes Game (PL) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL) | 9:30 Bluffers Park Outing (OUT) 3 2:00 Hymn Sing - RHA 7 (PL) 3:15 Creative Art (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL)  | 10:00 Cubii Exercise - 7 RHA (PL) 4 10:30 Cubii Exercises (PL) 2:00 Cover The Dot (DRN) 6:00 Friday Social Hour - RHA6th. (PL) | 9:30 Country Cooking in Azerbaijan (TLN) 5 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 3:00 Afternoon Concert 2, 4, &5 RHA (PL) 3:30 Beautiful Destinations (PL) |
| 9:30 Mindful Music (PL) 6 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 3:15 Bible Trivia & Hymns (PL) | 10:00 Cubii Exercise 7RHA (PL) 7 10:00 Cubii Exercise (PL) 2:00 Drum Fit (VARI) 3:30 1-1 Montessori Activity (RSR) 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS) | 10:00 Staff Care Conference (ADS) 8 11:15 Cubii Exercise (PL) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council - 4th. Floor (PL) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy RHA 3 (PL) | 2:00 Bowl-A-Rama Fun (PL) 9 2:00 Ice Cream & Active Games (COUR) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL) | 10:30 Audible Bible (CH) 10 2:00 Hymn Sing - RHA 7 (PL) 3:15 Food Trivia (PL) 3:30 Travel Documentary (TLN) 3:30 Physio Exercises (PL) | 10:30 Outdoor Concert (COUR) 11 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL) | 9:30 Country Cooking in Azerbaijan (TLN) 12 10:00 Cubii Exercise 7th. Floor (PL) 11:00 Cubii Exercise (PL) 3:00 Afternoon Concert 3, 6, &7RHA (PL) 3:30 Comedy Hour (TLS) |
| 9:00 Gospel Music Listing (RSR) 13 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Strolling Musician RHA7 (7FLR) 3:30 Gaither Gospel Concert (TLS) | 9:30 Self-Directed Activities (VARI) 14 11:00 Word Games (PL) 2:00 Drum Fit (VARI) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL)  | 10:00 Staff Care Conference (ADS) 15 1:15 Men's Fellowship (ADN) 2:00 Jazz Cafe Relaxing Music/Aromatherapy (TLN) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy RHA 3 (PL) | 9:30 Recreation Staff Meeting 16 9:30 Self-Directed Activity (RSR) 2:00 Travelogue - Rick Steve (PL) | 10:30 Outdoor Concert (COUR) 17 2:00 Hymn Sing - RHA 7 (PL) 3:00 Recreation Staff Meeting (Conf) 3:30 Azerbaijan Country Vlog (TLN) 3:30 Physio Exercises (PL) | 10:00 Cubii Exercise - 7 RHA (PL) 18 10:30 Cubii Exercises (PL) 2:00 Outside The Kitchen (CH) 6:00 Friday Social Hour - RHA6th. (PL) | 9:30 Country Cooking in Azerbaijan (TLN) 19 10:00 Mindful Music (PL) 10:30 Bowling (CH) 2:00 Family Feud 7th RHA (PL) 3:30 Beautiful Destinations (PL)  |
| 9:30 Mindful Music (PL) 20 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 2:00 Bible Trivia RHA7 (7FLR) 3:15 Bible Trivia & Hymns (PL) | 9:00 Self-Directed Activities (VARI) 21 10:00 Cubii Exercise 7RHA (PL) 10:30 Cubii Exercise (PL) 4:30 Mr. Bean Comedy TV (PL) | 1:15 Men's Fellowship (ADN) 22 2:00 Toronto Mandarin Bible Camp Kids (CH) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy RHA 3 (PL) | 12:00 KFC Picnic In The Garden (ADN) 23 2:00 Comedy Hour Lucy Show TV (PL) 4:00 Recreation Staff Meeting | 9:30 Windreach Farm (OUT) 24 10:00 Fun & Fitness (PL) 2:00 Hymn Sing - RHA 7 (PL) 3:30 Comedy Hour - Mr. Bean TV (TLN) 3:30 Physio Exercises (PL)  | 11:00 Word Games (ADN) 25 2:00 Friday Fellowship (CH) 2:00 Outside The Kitchen (COUR) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL) | 9:30 Country Cooking in Azerbaijan (TLN) 26 3:00 Courtyard Garden Concert (COUR) 3:30 Masters Agility Championship TV (TLS) |
| 9:00 Gospel Music Listing (RSR) 27 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Strolling Music (PL) 3:30 Gaither Gospel Concert (TLS) | 9:30 Self-Directed Activities (VARI) 28 11:00 Word Games (PL) 2:00 Drum Fit (VARI) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL) | 10:00 Walking Club (COUR) 29 1:15 Men's Fellowship (ADN) 2:00 Circle Of Care RHA7 (PL) 3:00 Obie Games (PL) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy RHA 3 (PL) | 9:00 Rosetta McClain Garden Outing (OUT) 30 10:00 Pawsitively Pets (PL) 2:00 Rythm Band (ADN) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)  | 10:00 Fun & Fitness (PL) 31 2:00 Hymn Sing - RHA 7 (PL) 2:00 International Friends' Day (ND) 3:15 Obie Games (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL) | Locations Legend <div>Piano Lounge (PL) TV Lounge South (TLS) TV Lounge North (TLN) Activity Den North (ADN) Community Hall (CH) Courtyard (COUR) Varied (VARI) Resident's room (RSR)</div> <div>Outing (OUT) Activity Den South (ADS) 7th Floor (7FLR) Outdoors (ODR) Dining Room North (DRN) Conference Room (Conf) North Den (ND)</div> | |