



July 2025

Shepherd Lodge RHA 5



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 10:00 Church Service (CH) 10:00 Virtual Service (PL) 2:00 Gratitude Circle - 5fl (PL) 3:00 Country Cooking (TLS) 	10:00 Country Cooking (TLS) 10:30 Active Game (PL) 2:00 Drum Fit (CH) 2:30 Tai Chi -6fl (PL) 3:30 Country Cooking (TLS)	9:30 Self Directed Activities (VAR) 1 10:30 Canada Day Concert (COUR) 2:00 Canada Quiz - 5fl (PL) 3:00 Canadian Travelogue (TLS) 	9:30 Physio Exercises (PL) 2 10:30 Active Game (PL) 2:30 Brain Games (PL) 3:30 Country Cooking (TLS)	9:30 Bluffers Park (OUT) 3 9:30 Physio Exercises (PL) 2:00 Comedy Hour (TLS) 3:30 Spiritual Hymn Sing (PL)	10:00 Pawsitively Pets (PL) 4 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 5 11:00 Active Game (PL) 2:30 Entertainment -5fl (PL) 3:00 Country Cooking (TLS) 
		9:30 Physio Exercises 8 9:30 Self Directed Activities (VAR) 10:30 Cantonese Grp with Iris - 7fl (PL) 2:00 Resident's Council (PL) 2:00 Bowling -6fl (PL) 6:15 Big Games -7fl (PL)	9:30 Physio Exercises (PL) 9 10:00 Pawsitively Pets -6fl (PL) 2:00 Outdoor Games (COUR) 3:30 Travelogue (TLS) 	9:30 Physio Exercises (PL) 10 10:30 Spiritual Life Trivia (CH) 2:00 Music Concert -tv (TLS) 2:00 Active Game (PL) 3:30 Spiritual Hymn Sing (PL)	10:30 Outdoor Concert (COUR) 11 2:00 Shuffleboard (SD) 3:00 Discussion (SD) 3:30 Travelogue (TLS)	9:30 Travelogue (TLS) 12 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 2:00 Entertainment - 6fl (PL) 3:00 Country Cooking (TLS)
		9:30 Physio Exercises 15 9:30 Self Directed Activities (VAR) 10:30 Art Therapy (ND) 11:00 Mind Joggers (PL) 2:30 Active Games (PL) 6:15 Big Games-7fl (PL)	Recreation Staff Meeting 16 9:30 Physio Exercises (PL) 10:30 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Outdoor Walks (COUR)	9:30 Physio Exercises (PL) 17 10:30 Outdoor Concert (COUR) 2:00 Comedy Hour (TLS) 3:30 Spiritual Hymn Sing (PL)	10:15 Fun & Fitness (PL) 18 10:45 Trivia (PL) 2:00 Outside Kitchen (COUR) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 19 11:00 Active Game (PL) 2:00 Bowling (CH) 3:00 Country Cooking (TLS) 
		9:30 Physio Exercises 22 9:30 Team Conference 9:30 Self Directed Activities (VAR) 10:45 Trivia (PL) 2:00 Toronto Mandarin Bible Kids (CH)	9:30 Physio Exercises (PL) 23 10:30 Active Games (VARI) 11:45 KFC Picnic in Garden (COUR) 2:00 Trivia (PL)	9:15 Windreach Farm (OUT) 24 9:30 Physio Exercises (PL) 10:00 Country Cooking (TLS) 2:00 Travelogue (TLS) 3:30 Spiritual Hymn Sing (PL) 	10:15 Fun & Fitness (PL) 25 10:45 Trivia (PL) 2:00 Outside Cooking (PL) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 26 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) 20 10:00 Virtual Service (PL) 2:00 Gratitude Circle (PL) 3:00 Country Cooking (TLS) 	9:45 Listen to the Rhythm (ND) 21 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Shuffleboard (SD) 2:30 Tai Chi -6fl (PL)	9:30 Country Cooking (TLS) 29 9:30 Physio Exercises 10:30 Art Therapy (ND) 11:00 Mind Joggers (PL) 2:00 Circle of Care-7Fl (PL) 2:00 Cover the Dot-6fl (PL)	9:00 Rosetta McClain Garden Trip (OUT) 30 9:30 Physio Exercises (PL) 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Bowling (PL) 3:30 Busy Hands (ND) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 31 10:15 Tic-Tac-Toe (PL) 2:00 Montessori Activities (VARI) 2:00 International Friend's Day 3:30 Spiritual Hymn Sing (PL)	Locations Legend Piano Lounge (PL) TV Lounge South (TLS) Varied (VARI) Community Hall (CH) Courtyard (COUR) North Den (ND) VARIED (VAR) South Den (SD) Outing (OUT) TV Lounge North (TLN) Resident's room (RSR) Hallway (HALL)	
10:00 Church Service (CH) 27 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	9:45 Listen to the Rhythm (ND) 28 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:30 Tai Chi -6fl (PL)					