



July 2025

Shepherd Lodge - RHA 6

Catherine
Recreation Assistant
(416) 609-5700 ext. 223
All Programs are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 Wake & Wiggle (PL) **1**
10:30 Canada Day Entertainment (CH)
11:15 Tales & Turns
2:00 Canada Quiz (PL)
3:30 1:1 Staff Friendly Visits (RSR)

10:00 Basket of Truth or Task **2**
10:30 Active Games -5fl
11:15 Chats & Chapters (VARI)
2:15 Card Games (ADN)
2:30 Trivia-5fl
3:00 Movie Afternoon (TVNS)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Travelogue (TVNS) **3**
9:30 Bluffers Park (Out)
10:30 Bean Bag Toss (PL)
11:15 Tales & Turns (VARI)
2:15 Activity Cart (ND)
3:30 Spiritual Hymn Sing -5fl (PL)
6:00 Sound Therapy (7fl)

10:30 Bean Bag Toss (PL) **4**
11:15 Chats & Chapters (VARI)
2:00 Big Games (CH)
6:00 Friday Night Social



9:30 Wake & Wiggle (PL) **5**
10:00 Rhymes & Riddles (PL)
11:00 Active Games - 5fl (PL)
2:30 Saturday Entertainment - 5fl (PL)
3:30 Saturday Matinee (TVSN)
4:00 1:1 Staff Friendly Visits

10:00 Church Service (CH) **6**
10:00 Virtual Church (TLN/STV)
2:00 Gratitude Circle - 5fl (PL)
3:30 Mindful Music (TVNS)
3:30 1:1 Staff Friendly Visits (RSR)



10:30 Ball Games (PL) **7**
11:15 Chats & Chapters
2:00 Drum Fit (CH)
2:30 Tai Chi (PL)
3:30 Country Cooking

9:30 Wake & Wiggle (PL) **8**
10:00 Mandarin/Cantonese Support Group 7fl (PL)
10:00 Mind Joggers (PL)
10:30 Active Games (VARI)
11:15 Tales & Turns
2:00 Residents' Council (4fl)
2:00 Bowl-A-Rama 5fl & 6fl (PL)
4:00 1:1 Staff Friendly Visits (RSR)

10:00 Pawsitively Pets -6 & 5fl **9**
10:30 Active games (VARI)
11:15 Chats & Chapters (VARI)
2:00 Ice Cream/Active Games 6 & 5fl
3:00 Movie Afternoon (TVNS)
4:00 1:1 Staff Friendly Visits (RSR)

10:00 Cone it or Own it! (PL) **10**
10:30 Bean Bag Toss (PL)
10:30 Audible Bible (CH)
11:15 Tales & Turns (VARI)
2:00 Active Game 6 & 5
3:30 Spiritual Hymn Sing -5fl (PL)

10:30 Outdoor Concert (COUR) **11**
11:15 Chats & Chapters (VARI)
2:00 Big Games (CH)
6:00 Friday Night Social

10:00 Music Concert (TVNS) **12**
11:00 Active Games - 5fl (PL)
2:00 Week-end Concert (CH)
3:30 Saturday Matinee (TVSN)

10:00 Church Service (CH) **13**
10:00 Virtual Church (TLN/STV)
2:00 Movie Afternoon (TVNS)
2:00 Strolling Musician (VARI)
3:30 Mindful Music (TVNS)

10:00 Timed Stacking Challenge **14**
10:30 Ball Games (PL)
11:15 Chats & Chapters
2:00 Boomers Club (CH)
2:30 Tai Chi (PL)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Wake & Wiggle (PL) **15**
10:00 Mind Joggers (PL)
10:30 Active Games (VARI)
11:00 Mind Joggers 5fl
2:00 Art Escapes (ADN)
2:30 Active Game 5fl
6:00 Sound Therapy (7fl)

9:30 Education Day **16**
10:00 Walking Club (COUR)
11:15 Chats & Chapters (VARI)
2:00 Bingo (5 & 6fl)
3:00 Movie Afternoon (TVNS)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Travelogue (TVNS) **17**
10:30 Outdoor Concert (COUR)
11:15 Tales & Turns (VARI)
2:15 Activity Cart (ND)
3:30 Recreation Huddle (VARI)

10:30 Bean Bag Toss (PL) **18**
11:15 Chats & Chapters (VARI)
2:00 Outside Kitchen (COUR)
6:00 Friday Night Social

9:30 Wake & Wiggle (PL) **19**
10:00 Name That Tune (PL)
11:00 Active Games - 5fl (PL)
2:00 Bowling (CH)
3:30 Saturday Matinee (TVSN)
4:00 1:1 Staff Friendly Visits

10:00 Church Service (CH) **20**
10:00 Virtual Church (TLN/STV)
2:00 Gratitude Circle - 5fl (PL)
3:30 Mindful Music (TVNS)
3:30 1:1 Staff Friendly Visits (RSR)

10:30 Ball Games (PL) **21**
11:15 Chats & Chapters
2:30 Tai Chi (PL)
3:30 Country Cooking



9:30 Wake & Wiggle (PL) **22**
10:00 Mind Joggers (PL)
10:30 Active Games (VARI)
11:15 Tales & Turns
2:00 Toronto Mandarin Bible Camp (CH)
2:30 Big Games (CH)
4:00 1:1 Staff Friendly Visits (VARI)

10:00 Basket of Truth or Task **23**
10:30 Active games (VARI)
11:15 Chats & Chapters (VARI)
12:00 KFC Picnic (COUR)
2:00 Knitting Club (VARI)
2:15 Card Games (ADN)
3:00 Movie Afternoon (TVNS)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Wind Reach (Out) **24**
10:30 Bean Bag Toss (PL)
11:15 Tales & Turns (VARI)
2:15 Activity Cart (ND)
3:30 Spiritual Hymn Sing -5fl (PL)

10:30 Bean Bag Toss (PL) **25**
11:15 Chats & Chapters (VARI)
2:00 Outside Kitchen (COUR)
6:00 Friday Night Social

10:00 Music Concert (TVNS) **26**
11:00 Active Games - 5fl (PL)
2:00 Week-end Concert (CH)
3:30 Saturday Matinee (TVSN)



10:00 Church Service (CH) **27**
10:00 Virtual Church (TLN/STV)
2:00 Movie Afternoon (TVNS)
2:00 Strolling Musician (VARI)
3:30 Mindful Music (TVNS)

10:00 Timed Stacking Challenge **28**
10:30 Ball Games (PL)
11:15 Chats & Chapters
2:00 Boomers Club (CH)
2:30 Tai Chi (PL)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Wake & Wiggle (PL) **29**
10:00 Walking Club - 5fl & 6fl (COUR)
11:15 Tales & Turns
2:00 Bingo 5fl & 6fl (PL)
2:00 Circle of Care (CH)
4:00 1:1 Staff Friendly Visits (RSR)
6:00 Sound Therapy (7fl)

9:00 Rosetta Mclean Gardens (Out) **30**
10:00 Basket of Truth or Task
10:30 Active games (VARI)
11:15 Chats & Chapters (VARI)
2:00 Knitting Club (VARI)
2:15 Card Games (ADN)
3:00 Movie Afternoon (TVNS)
4:00 1:1 Staff Friendly Visits (RSR)

9:30 Travelogue (TVNS) **31**
10:30 Bean Bag Toss (PL)
11:15 Tales & Turns (VARI)
2:15 Activity Cart (ND)
3:30 Spiritual Hymn Sing -5fl (PL)

Locations Legends

Piano Lounge (PL)
Courtyard (COUR)
South Den (SD)
Varied (VARI)
TV Lounge North (TLN)
Outdoors (ODS/Balcony)

Resident's Room (RSR)
Community Hall (CH)
North Den (ND)
Outing (Out)
TV Lounge South (TLS)
TV Lounge North/South (TVNS)