

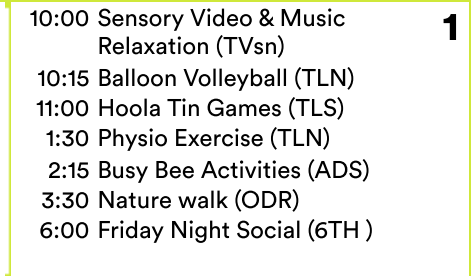
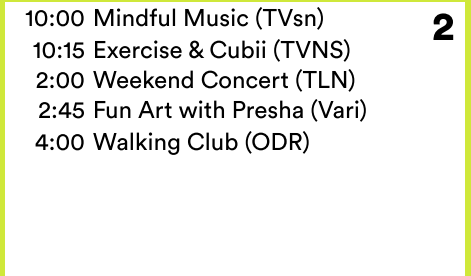


August 2025

Shepherd Lodge - RHA 2

Luisa
Recreation Assistant
(416) 609-5700 Ext. 233
Calendars 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) 3 10:00 Church Service (CH) 10:00 Virtual Church Service (TVNs) 2:00 Hymn Sing (TLN) 3:30 Walking Club (Vari)	Civic Holiday 4 9:15 Sensory Video & Music Relaxation (TVsn) 10:15 Ice Cream Train (Vari) 1:30 Movie Matinee (TVns)	9:15 Sensory Video & Music Relaxation (TVsn) 5 10:00 Pawsitively Pets (TLN) 11:15 Bean Bag games (ADS) 2:00 Baby Nursery (ADS) 3:45 Parachute Game (ADN) 5:00 Sensory Sound Therapy (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 6 10:30 Music Therapy (ADN) 10:30 Good Shepherd Daycare Visit (CH) 2:00 Hymn Sing & Service (TLN) 2:00 Caribana Day (ODR) 3:30 Recreation Meeting 3:30 Nature Walk (ODR)	9:15 Sensory Video & Music Relaxation (TVsn) 7 10:15 Bag Toss Game (TVns) 10:30 Physio Exercise (TLN) 12:00 Barbeque Lunch (Limited Space) (CH) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 4:00 Nature Walk (ODR) 6:00 Music & Brain Games (TLN)	10:00 Sensory Video & Music Relaxation (TVsn) 1 10:15 Balloon Volleyball (TLN) 11:00 Hoola Tin Games (TLS) 1:30 Physio Exercise (TLN) 2:15 Busy Bee Activities (ADS) 3:30 Nature walk (ODR) 6:00 Friday Night Social (6TH)	10:00 Mindful Music (TVsn) 2 10:15 Exercise & Cubii (TVNS) 2:00 Weekend Concert (TLN) 2:45 Fun Art with Presha (Vari) 4:00 Walking Club (ODR)
9:15 Sensory Video & Music Relaxation (TVsn) 10 10:00 Church Service (CH) 10:00 Virtual Church Service (TVNS) 1:45 1-1 Activities (Vari) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	9:15 Sensory Video & Music Relaxation (TVsn) 11 10:15 Exercises & Games (ADN) 2:00 Short Stories (ADN) 3:15 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 12 10:00 Mandarin/Cantonese Support Group with Iris (6TH) 10:30 Physio Exercise (TLN) 11:00 Strike Zone (TVNS) 2:00 Baby Nursery (ADS)	9:15 Sensory Video & Music Relaxation (TVsn) 13 10:15 Movement To Moment (TLN) 10:30 Music Therapy (ADN) 11:00 Sit and Be Fit (ADS) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	9:15 Sensory Video & Music Relaxation (TVsn) 14 10:30 Physio Exercise (TLN) 10:30 Audible Bible Study (CH) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	9:15 Sensory Video & Music Relaxation (TVsn) 15 10:30 Outdoor Concert (ODR) 1:30 Physio Exercise (TLN) 3:30 Nature Walk (ODR) 6:00 Karaoke Social (6TH)	9:15 Mindful Music (2ND) 16 9:30 Plant Care (N/S) 10:15 Exercise and Ring toss Game (TVNS) 2:00 Bowling (CH) 3:30 1-1 Visit (2ND) 
9:15 Gospel Music Listening (TVsn) 17 10:00 Church Service (CH) 10:00 Virtual Service (TVns) 2:15 Hymn Sing (TLN) 3:30 Walking Club (Vari)	9:15 Sensory Video & Music Relaxation (TVsn) 18 10:15 Strike Zone (TVns) 2:00 Short Stories (ADN) 2:00 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 19 10:30 Physio Exercise (TLN) 11:00 Move to Music (TVNS) 2:00 Baby Nursery (ADS) 3:30 Nature Walk (TVns) 6:00 Sensory Sound Therapy (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 20 10:15 Exercises & Cubii (TVns) 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting 3:30 Nature Walk (ODR)	9:15 Sensory Video & Music Relaxation (TVsn) 21 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 3:30 Nature Walk (ODR)	2:00 Busy Bee Activities (ADN) 22 9:15 Sensory Video & Music Relaxation (TVsn) 11:00 Active Games (TLN) 1:30 Physio Exercise (TLN) 6:00 Friday night Social (6TH)	9:15 Sensory Video & Music Relaxation (TVsn) 23 9:30 Plant Care (N/S) 10:15 Bag toss Game (TVNS) 3:30 Walking Club (VARI)
9:15 Sensory Video & Music Relaxation (TVsn) 24 10:00 Church Service (CH) 10:00 Virtual Church Service (TVns) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	9:15 Sensory Video & Music Relaxation (TVsn) 25 10:15 Exercises & Games (ADN) 2:00 Montessori Activities (VARI) 2:30 Tai Chi (ADN) 3:45 Nature Walk (ODR) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 26 10:30 Physio Exercise (TLN) 11:00 Strike Zone (TLN) 2:00 Baby Nursery (ADS) 2:00 Carnival/Fair (ODR)	9:15 Sensory Video & Music Relaxation (TVsn) 27 10:15 Exercises (TLN) 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	9:15 Sensory Video & Music Relaxation (TVsn) 28 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	9:15 Sensory Video & Music Relaxation (TVsn) 29 10:15 Hoola Tin Game (TVns) 1:30 Physio Exercise (TLN) 2:00 Coffee & Chat (ADN) 3:30 Nature Walk (ODR) 6:00 Karaoke Social (6TH)	9:15 Sensory Video & Music Relaxation (TVsn) 30 9:30 Plant Care (N/S) 10:15 Balloon Badminton (TLN) 2:00 Outdoor Concert (ODR)
9:15 Sensory Video & Music Relaxation (TVsn) 31 10:00 Church Service (CH) 10:00 Virtual Service (TVns) 2:15 Hymn Sing (TLN)				TV Lounge North (TLN) TV south/north (TVsn) Outdoors (ODR) Activity Den South (ADS) Activity Den North (ADN) Varied (VARI) Community Hall (CH) Tv lounge North & South (TVNS) 6th Floor (6TH) Locations Legend  TV Lounge North/South (TVns) Varied (Vari) 3RD FLOOR (3RD) Balcony (N/S) TV Lounge N/S (TVns) TV Lounge South (TLS) 2nd Floor (2ND) TV Lounge North/South (TVns)		