




# August 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
					10:00 Cubii Exercise - 7 RHA (PL) <b>1</b> 11:00 Cubii Exercises (PL) 2:00 Interesting Life of The Caterpillar - RHA 7 (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) <b>2</b> 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) <b>3</b> 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 3:15 Bible Trivia & Hymns (PL)	Civic Holiday (4FL) <b>4</b> Ice Cream Train (VARI) 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS)	10:00 Staff Care Conference (ADS) <b>5</b> 10:00 Cubii Exercise (PL) 1:15 Men's Fellowship - RHA 7 (ADN) 3:30 Physio Exercise Group (PL) 3:30 Puzzle Quest (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy (PL)	10:30 Good Shepherd Daycare Visit (CH) <b>6</b> 2:00 Caribbean Day Concert (CH) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (PL) <b>7</b> 11:45 BBQ Lunch (CH) 2:00 Hymn Sing - RHA 7 (PL) 3:30 Physio Exercises (PL) 3:30 Brain Teasers (PL)	11:00 Word Games (ADN) <b>8</b> 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) <b>9</b> 10:00 Cubii Exercise 7th. Floor (PL) 11:00 Cubii Exercise (PL) 3:00 Afternoon Concert - RHA 7 (PL) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (RSR) <b>10</b> 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Strolling Musician RHA7 (7FLR) 2:30 Hymn Sing (PL) 3:30 Gaither Gospel Concert (TLS)	9:30 Self-Directed Activities (VARI) <b>11</b> 11:00 Word Games (PL) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL) 3:30 Dominoes - RHA 7 (PL)	10:00 Staff Care Conference (ADS) <b>12</b> 10:00 Walking Club (COUR) 2:00 Resident's Council - 6th. Floor (PL) 3:30 Physio Exercise Group (PL) 3:30 Exploring Traditional Clothing Around The World (PL) 5:00 Hindi Movie Hour (TLS)	9:00 Wind reach Farms (OUT) <b>13</b> 9:00 Wind Reach Farm Outing (OUT) 9:15 Wind Reach Farm (OUT) 9:15 Windreach Farm (OUT) 10:00 Strike Zone Game (PL) 2:00 Cover The Dot Game (DRN) 3:30 Outdoor Walks (COUR)	10:30 Audible Bible (CH) <b>14</b> 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL)	10:00 Cubii Exercise - 7 RHA (PL) <b>15</b> 10:00 Self Directed Activity (VARI) 10:00 Self Directed Activities (PL) 2:00 Shuffleboard Game (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) <b>16</b> 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) <b>17</b> 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 3:15 Bible Trivia & Hymns (PL)	10:00 Cubii Exercise 7RHA (PL) <b>18</b> 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) <b>19</b> 10:00 Cubii Exercise (PL) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 3:30 Travelogue (PL) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy (PL)	10:00 Outdoor Walks (COUR) <b>20</b> 2:00 Obie Games (PL) 5:00 Greek Fest - By Invitation Only (GR)	10:00 Fun & Fitness (PL) <b>21</b> 10:30 Balloon Game (PL) 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL)	11:00 Word Games (ADN) <b>22</b> 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) <b>23</b> 10:00 Cubii Exercise 7th. Floor (PL) 11:00 Cubii Exercise (PL) 2:00 Afternoon Outdoors Concert (COUR) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (RSR) <b>24</b> 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 2:00 Strolling Musician RHA7 (7FLR) 3:30 Gaither Gospel Concert (TLS)	9:30 Self-Directed Activities (VARI) <b>25</b> 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) <b>26</b> 10:30 Walking Club (COUR) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 3:30 Carnival Fair (COUR) 5:00 Hindi Movie Hour (TLS)	9:00 Toogood Pond Outing (OUT) <b>27</b> 2:00 Rythm Band (ADN) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (PL) <b>28</b> 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL)	10:00 Cubii Exercise - 7 RHA (PL) <b>29</b> 11:00 Cubii Exercises (PL) 2:00 Shuffleboard Game (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) <b>30</b> 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 3:30 Beautiful Destinations (PL) 4:00 Card Games - RHA 7 (PL)
9:30 Mindful Music (PL) <b>31</b> 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 3:15 Bible Trivia & Hymns (PL)				<u>Locations Legend</u>  Piano Lounge (PL) TV Lounge South (TLS) Activity Den North (ADN) Community Hall (CH) TV Lounge North (TLN)  Varied (VARI) Courtyard (COUR) Outing (OUT) Activity Den South (ADS) Resident's room (RSR)  7th Floor (7FLR) 4th Floor (4FL) Dining Room North (DRN) Gardenview Room (GR)		