

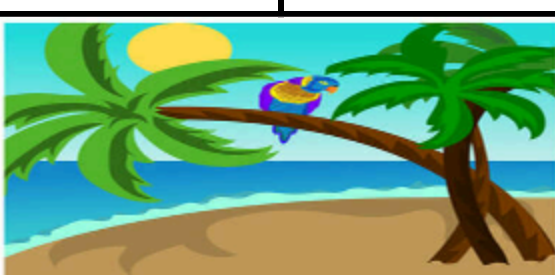


August 2025

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
					9:00 Self Directed Activities (VARI) 1 10:00 Ring Toss (PL) 11:00 Outdoor Walks (COUR) 2:00 Shuffleboard (SD) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 2 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:30 Entertainment (PL) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 3 10:00 Virtual Service (PL) 3:00 Country Cooking (TLS) 3:15 Bible Trivia (PL)	Civic Holiday 4 9:30 Country Cooking (TLS) 2:00 Ice Cream Treat (Vari)	9:30 Physio Exercises 5 10:00 Active Games (PL) 10:30 Art Therapy (ND) 10:45 Trivia (PL) 2:00 Food Committee (ND) 3:00 Board Games (ND)	9:30 Physio Exercises (PL) 6 10:30 Good Shepherd Daycare Visits (VAR) 1:45 Video Call (RSR) 2:00 Caribana Day (COUR) 3:00 Country Cooking (TLS) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 7 10:00 Tic-Tac-Toe (PL) 12:00 BBQ Lunch Invite Only (CH) 2:00 Travelogue (TLS) 2:00 Shuffleboard (SD) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 8 10:15 Fun & Fitness (PL) 10:45 Trivia (PL) 2:00 Shuffleboard (SD) 2:45 Lemonade Cart (Vari)  6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 9 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 2:00 Entertainment -6fl (PL) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 10 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI)  2:00 Sing-a-long (VARI) 2:00 Strolling Music -7fl	9:45 Listen to the Rhythm (ND) 11 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)	9:30 Physio Exercises 12 10:00 Cantonese Grp with Iris -7fl (PL) 10:30 Art Therapy (ND) 10:30 Ring Toss (PL) 2:00 Resident's Council (PL) 6:15 Big Games -7fl (PL)	9:15 Wind Reach Farm (OUT) 13 10:15 Active Games (VARI) 11:00 Trivia (PL) 1:45 Video Call (RSR) 2:15 Bowling (PL) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 14 10:00 Tic-Tac-Toe (PL) 10:30 Spiritual Life Trivia (CH) 2:00 Montessori Activities (VARI) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 15 10:30 Outdoor Concert (COUR) 2:00 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 16 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:00 Bowling (CH) 3:30 Country Cooking (TLS)
10:00 Church Service (CH) 17 10:00 Virtual Service (PL) 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)	9:45 Listen to the Rhythm (ND) 18 10:30 Ring Toss (PL) 2:00 Outdoor Walks (COUR) 2:30 Tai Chi (CH) 3:30 Friendly Visits (VARI)	9:30 Physio Exercises 19 10:00 Balloon Tennis (PL) 10:30 Art Therapy (ND) 2:00 Shuffleboard (SD) 3:00 Andrea Rieu -TV (TLS) 6:15 Big Games -7fl (PL)	9:30 Country Cooking (TLS) 20 9:30 Physio Exercises (PL) 10:00 Active Games (VARI) 2:00 Outdoor Walks (COUR) 3:30 Friendly Visits (VAR) 5:00 Greek Fest Dinner Invitation Only	9:30 Physio Exercises (PL) 21 10:00 Country Cooking (TLS) 10:15 Tic-Tac-Toe (PL) 2:00 Travelogue (TLS) 2:00 Outdoor Kitchen (COUR) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 22 10:00 Balloon Tennis (PL) 11:00 Outdoor Walks (ODR) 2:00 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL) 	9:30 Travelogue (TLS) 23 9:30 Country Cooking (TLS) 10:00 Active Games (PL) 11:00 Outdoor Walks (ODR) 2:00 Outdoor Concert (COUR) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 24 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI)  2:00 Sing-a-long (VARI) 2:00 Strolling Music -7fl	9:45 Listen to the Rhythm (ND) 25 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)	9:30 Country Cooking (TLS) 26 9:30 Physio Exercises 10:00 Balloon Tennis (VARI) 10:30 Art Therapy (ND) 2:00 Carnival/Fair (COUR) 6:15 Big Games -7fl (PL)	9:00 Toogood Pond Outing (OUT) 27 9:30 Physio Exercises (PL) 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Celebrity Spotlight (ND) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 28 10:00 Tic-Tac-Toe (PL) 11:00 Outdoor Walks (COUR) 2:00 Outdoor Kitchen (COUR) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 29 10:15 Fun & Fitness (PL) 10:45 Trivia (PL) 2:00 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	9:30 Travelogue (TLS) 30 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 3:00 Brain Games (PL) 3:30 Country Cooking (TLS)
10:00 Church Service (CH) 31 10:00 Virtual Service (PL) 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)						<u>Locations Legend</u> Piano Lounge (PL) TV Lounge South (TLS) Varied (VARI) North Den (ND) Community Hall (CH) Courtyard (COUR) South Den (SD) Resident's room (RSR) Varied (Vari) VARIED (VAR) Outing (OUT) Outdoors (ODR) TV Lounge North (TLN)