



August 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
						
10:00 Church Service 3 10:00 Virtual Church 2:00 AromaSpa Session 3:15 Gratitude Circle 3:30 Mindful Music (TVNS) 3:30 1:1 Staff Friendly Visits (VARI)	Civic Holiday 4 Ice Cream Train 9:00 Self Directed Activities 10:00 Mindful Music (TVNS) 3:30 Country Cooking	9:45 Wake & Wiggle (PL) 5 10:15 Mind Joggers (PL) 10:30 Tales & Turns (VARI) 11:15 Garden Walk (COUR) 2:00 Food Committee 2:00 Disney & Tamil Movie (TVNS) 2:00 Card Games (AND) 3:30 1:1 Staff Friendly Visits (RSR)	9:45 Physio Exercise (PL) 6 10:30 Good Shepherd Daycare Visit 11:15 Chats & Chapters (VARI) 2:00 Caribana Day 3:00 Disney & Turkish Movies (TVNS) 4:00 1:1 Staff Friendly Visits (RSR)	9:45 Physio Exercise (PL) 7 10:00 Cone it or Own it! (PL) 10:30 Garden Walk 11:15 Tales & Turns (VARI) 12:00 BBQ Lunch 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL) 6:00 Knitting Club (PL)	9:45 Physio Exercise (PL) 8 10:00 Mindful Music (TVNS) 10:30 Chats & Chapters 2:00 Garden Walk 6:00 Friday Night Social	9:30 Wake & Wiggle (PL) 2 10:15 Balloon Badminton (PL) 11:15 Active Games 2:30 Saturday Entertainment 3:30 Saturday Matinee (TVSN) 4:00 1:1 Staff Friendly Visits (VARI)
10:00 Church Service 10 10:00 Virtual Church 2:00 Movie Afternoon (TVNS) 2:00 Strolling Musician (VARI) 3:30 Mindful Music (TVNS)	9:45 Physio Exercise (PL) 11 10:00 Bingo Bonanza (PL) 11:15 Chats & Chapters 2:00 Not just Boomer's 7fl (ADN) 2:30 Tai Chi (PL) 3:30 Country Cooking 4:00 1:1 Staff Friendly Visits (RSR)	9:45 Wake & Wiggle (PL) 12 10:00 Mandarin/Cantonese Support Group (PL) 10:15 Mind Joggers (PL) 10:30 Tales & Turns (VARI) 2:00 Garden Walk (COUR) 3:30 1:1 Staff Friendly Visits (RSR)	9:15 Windreach Farm 13 9:45 Physio Exercise (PL) 10:00 Pawsitively Pets (PL) 11:15 Chats & Chapters (VARI) 2:15 Card Games (ADN) 3:00 Disney & Turkish Movies (TVNS) 4:00 1:1 Staff Friendly Visits (RSR)	9:45 Physio Exercise (PL) 14 10:30 Audible Bible Study 2:00 Tales & Turns (VARI) 3:30 Spiritual Hymn Sing -5fl (PL) 6:00 Sound Therapy (7fl)	9:45 Physio Exercise (PL) 15 10:00 Mindful Music (TVNS) 10:30 Outdoor Concert 2:00 Garden Walk 6:00 Friday Night Social	9:30 Wake & Wiggle (PL) 16 10:15 Balloon Badminton (PL) 11:15 Active Games 2:00 Bowl-A-Rama 3:30 Saturday Matinee (TVSN) 4:00 1:1 Staff Friendly Visits (VARI)
10:00 Church Service 17 10:00 Virtual Church 2:00 Art Escape 3:15 Gratitude Circle 3:30 Mindful Music (TVNS) 3:30 1:1 Staff Friendly Visits (VARI)	9:45 Physio Exercise (PL) 18 10:15 Dice & Do! (PL) 11:15 Chats & Chapters 2:30 Tai Chi 3:30 Country Cooking (TVNS) 4:00 1:1 Staff Friendly Visits (RSR) 6:00 Active Games (PL)	9:45 Wake & Wiggle (PL) 19 10:15 Mind Joggers (PL) 10:30 Tales & Turns (VARI) 11:15 Garden Walk (COUR) 3:00 A Taste of Greek Setup 6:00 Sound Therapy (7fl)	9:45 Physio Exercise (PL) 20 10:30 Emily's Active Circle (VARI) 11:15 Chats & Chapters (VARI) 1:00 Disney & Turkish Movies (TVNS) 2:15 Card Games (ADN) 5:00 Greek Fest Dinner Invitation Only	9:45 Physio Exercise (PL) 21 10:00 Dice & Do (PL) 10:30 Garden Walk 11:15 Tales & Turns (VARI) 2:00 Outdoor Kitchen 3:30 Spiritual Hymn Sing -5fl (PL) 6:00 Knitting Club (PL)	9:45 Physio Exercise (PL) 22 10:00 Mindful Music (TVNS) 10:30 Chats & Chapters (VARI) 2:00 Garden Walk 6:00 Friday Night Social	9:45 Physio Exercise (PL) 23 10:00 Music Concert (TVNS) 11:15 Active Games (PL) 2:00 Outdoor Concert 3:30 Saturday Matinee (TVSN)
10:00 Church Service 24 10:00 Virtual Church 2:00 Movie Afternoon (TVNS) 2:00 Strolling Musician (VARI) 3:30 Mindful Music (TVNS)	9:45 Physio Exercise (PL) 25 10:00 Bingo Bonanza (PL) 11:15 Chats & Chapters 2:00 Not just Boomer's 7fl (ADN) 2:00 Drumfit 2:30 Tai Chi (PL) 3:30 Country Cooking (TVNS) 4:00 1:1 Staff Friendly Visits (RSR)	9:45 Wake & Wiggle (PL) 26 10:00 Travelogue (TVNS) 10:30 Walking Club 2:00 Carnival Fair (COUR) 3:30 1:1 Staff Friendly Visits (RSR)	9:00 Toogood Pond Outing 27 9:45 Physio Exercise (PL) 10:30 Emily's Active Circle (VARI) 11:15 Chats & Chapters (VARI) 2:15 Card Games (ADN) 3:00 Disney & Turkish Movies (TVNS)	9:45 Physio Exercise (PL) 28 10:30 Lobby Walk 11:15 Tales & Turns (VARI) 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL) 6:00 Sound Therapy (7fl)	9:45 Physio Exercise (PL) 29 10:00 Mindful Music (TVNS) 10:30 Chats & Chapters 2:00 Garden Walk 6:00 Friday Night Social	9:30 Wake & Wiggle (PL) 30 10:15 Balloon Badminton (PL) 11:15 Active Games 2:00 AromaSpa Session (ADS) 3:30 Saturday Matinee (TVSN) 4:00 1:1 Staff Friendly Visits (VARI)
10:00 Church Service 31 10:00 Virtual Church 2:00 AromaSpa Session 3:15 Gratitude Circle 3:30 Mindful Music (TVNS) 3:30 1:1 Staff Friendly Visits (VARI)	 AUGUST			<u>Locations Legends</u> Piano Lounge (PL) Resident's Room (RSR) Courtyard (COUR) Community Hall (CH) South Den (SD) North Den (ND) Varied (VARI) Outing (Out) TV Lounge North (TLN) TV Lounge South (TLS) Outdoors (ODS/Balcony) TV Lounge North/South (TVNS)		