






August 2025

Shepherd Lodge- RHA 7

Roxcene
Recreation Assistant
416 609 5700 ext 235
All programs are subject to
change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 Cubii Exercises with Andrea (PL) 1 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 6:00 Friday Social Hour (Vari)	10:15 Morning Exercises (PL) 2 11:15 Word games on 4th RHA 12:30 Mindful Music (TLS) 2:00 Family Feud (PL) 3:00 Musical Entertainer on RHA 4 4:00 Cards (Skipbo) (PL)
10:00 Spiritual Life Church Service (CH) 3 12:30 Mindful Music (TLS) 2:00 Bible Trivia (PL) 2:30 Movie Afternoon (TLS) 3:15 Bible Trivia on 4th RHA (PL)	Ice-Cream Train 4 Civic Holiday 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 12:00 Mindful Music	12:30 Mindful Music (TLS) 5 1:15 Men's Fellowship Hour - 7th RHA (ADN) 2:00 Food Committee (PL) 3:30 Showbiz Tuesdays (PL) 6:15 Sensory Sound Therapy (CH)	10:30 Good Shepherd Daycare (CH) 6 12:30 Mindful Music (TLS) 2:00 Caribana Day (ODR) 3:30 Wheel of Trivia (PL) 6:00 5th RHA Quiddler (ADN) 6:00 4th RHA Hymn sing (PL)	10:15 Fun and Fitness (PL) 7 11:00 Spa Sanctuary (ADN) 12:00 BBQ Lunch (CH) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities throughout the day (VARI) 8 10:15 Fiesta Fridays (PL) 11:00 Word games on 4th RHA 3:30 Dominoes (ADN) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 9 12:30 Sensory & Relaxation (TVNS) 3:00 Musical Entertainer (PL) 3:30 Movie Afternoon (TVNS) 6:00 Dominoes (PL)
10:00 Spiritual Life Church Service (SOT) 10 2:00 Movie Afternoon (TVNS) 2:00 Hymn Sing (4FL) 2:00 Strolling Music (7FLR)	10:00 Self Directed Activities 11 (VARI) 10:00 Motown Mondays (PL) 11:00 Morning Puzzles/Word Games on 4th floor (ADN) 2:00 Boomers Club (7FLR) 3:30 Dominoes (PL)	10:00 Cultural Support Group 12 (7FLR) 12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council (VARI) 3:30 Showbiz Tuesdays (PL) 6:15 Big Games Night (7FLR)	9:00 Wind reach Farms (OUT) 13 10:00 Word Games (PL) 11:00 Fun & Fitness (PL) 12:30 Mindful Music (TLS) 2:00 Bingo (PL) 3:30 Wheel of Trivia (PL) 6:00 5th RHA Quiddler (ADN)	10:30 Audible Bible Study (CH) 14 11:00 Spa Sanctuary (ADN) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 15 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 10:30 Outdoor Concert (ODR) 6:00 Friday Social Hour (Vari)	10:15 Morning Exercises (PL) 16 11:15 Word games on 4th RHA 12:30 Mindful Music (TLS) 2:00 Bowl-A-Rama (PL) 3:00 Musical Entertainer on RHA 4 4:00 Cards (Skipbo) (PL)
10:00 Spiritual Life Church Service (CH) 17 12:30 Mindful Music (TLS) 2:00 Bible Trivia (PL) 2:30 Movie Afternoon (TLS) 3:15 Bible Trivia on 4th RHA (PL)	10:00 Move it Cubii Exercise 18 (PL) 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Drumfit (CH)	12:30 Mindful Music (TLS) 19 1:30 Mahjong Club (PL) 3:30 Showbiz Tuesdays (PL) 6:00 Sensory Sound Therapy (CH) 6:15 Big Games Night (7FLR)	10:00 Lifelong Learning and Discussion (PL) 20 11:00 Fun & Fitness (PL) 12:30 Mindful Music (TLS) 2:00 Bingo (PL) 5:00 GreekFest (By invite only) (CH)	9:30 Care Conference 21 10:15 Dancing Through the Decades (PL) 11:00 Spa Sanctuary (ADN) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities 22 throughout the day (VARI) 10:00 Word Games (PL) 11:00 Word games on 4th RHA 3:30 Dominoes (ADN) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 23 12:30 Sensory & Relaxation (TVNS) 3:00 Musical Entertainer (PL) 3:30 Movie Afternoon (TVNS) 6:00 Dominoes (PL)
10:00 Spiritual Life Church Service (SOT) 24 2:00 Movie Afternoon (TVNS) 2:00 Hymn Sing (4FL) 2:00 Strolling Music (7FLR)	10:00 Self Directed Activities 25 (VARI) 10:00 Motown Mondays (PL) 11:00 Morning Puzzles/Word Games on 4th floor (ADN) 2:00 Boomers Club (7FLR) 3:30 Dominoes (PL)	10:00 Pawsitively Pets (PL) 26 12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Mahjong Club (PL) 2:00 Carnival (CH) 3:30 Showbiz Tuesdays (PL)	9:00 Toogood Pond Outing 27 (Out) 10:00 Word Games (PL) 11:00 Fun & Fitness (PL) 12:30 Mindful Music (TLS) 2:00 Bingo (PL) 3:30 Wheel of Trivia (PL)	9:30 Care Conference 28 10:15 Fun & Fitness (PL) 11:00 Spa Sanctuary (ADN) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 29 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 6:00 Friday Social Hour (Vari)	10:15 Morning Exercises (PL) 30 11:15 Word games on 4th RHA 12:30 Mindful Music (TLS) 2:00 Family Feud (PL) 3:00 Musical Entertainer on RHA 4 4:00 Cards (Skipbo) (PL)
10:00 Spiritual Life Church Service (CH) 31 12:30 Mindful Music (TLS) 2:00 Bible Trivia (PL) 2:30 Movie Afternoon (TLS) 3:15 Bible Trivia on 4th RHA (PL)				<div>Locations Legend</div> <div>Piano Lounge (PL) TV Lounge South (TLS) Activity Den North (ADN) Community Hall (CH) 7th Floor (7FLR)</div> <div>Tv lounge North & South (TVNS) Varied (Vari) Varied (VARI) Outdoors (ODR) Sanctuary/ On TV (SOT)</div> <div>4th Floor (4FL) Outing (OUT) Outing (Out)</div>		