



September 2025

Shepherd Lodge RHA 2

Luisa
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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 Sensory Video & Music Relaxation (TVsn) 7 10:00 Church Service (CH) 2:00 Virtual Church Service (TVns) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	Labour Day 1 9:15 Mindful Music (TVsn) 2:00 Popsicle Train 	9:15 Sensory Video & Music Relaxation (TVsn) 2 10:15 Bean bag/Ring Toss Game (TLS) 10:30 Physio Exercise (TLN) 11:00 Strike Zone (STV) 2:00 Baby Nursery (ADS) 3:30 1-1 Montessori (VARI)	9:15 Sensory Video & Music Relaxation (TVsn) 3 10:30 Music Therapy (ADN) 11:00 Cubii Exercise (VARI) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting	9:15 Sensory Video & Music Relaxation (TVsn) 4 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	9:15 Mindful Music (TVsn) 5 11:00 Active Games (TLN) 1:30 Physio Exercise (TLN) 6:00 Friday Night Social (6TH)	9:15 Sensory Video & Music Relaxation (TVsn) 6 10:15 Balloon Badminton Game (TLN) 2:00 Mindful Arts (VARI) 3:30 Walking Club (VARI)
9:15 Sensory Video & Music Relaxation (TVsn) 7 10:00 Church Service (CH) 2:00 Virtual Church Service (TVns) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	9:15 Mindful Music (TVsn) 8 2:00 Drumfit (ADN) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 9 10:00 Mandarin/Cantonese Support (6TH) 10:30 Physio Exercise (TLN) 2:00 Movie Matinee (TVns)	9:15 Sensory Video & Music Relaxation (TVsn) 10 10:15 Exercises (TLN) 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 2:00 Ulster Accordion Concert (CH) 3:30 Recreation Meeting	9:15 Sensory Video & Music Relaxation (TVsn) 11 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) 12 10:15 Phylon Cone Game (STV) 11:00 Hoolla Tin Can Game (TLN) 1:30 Physio Exercise (TLN) 2:15 Montessori Activities (ADS) 6:00 Movie Night (VARI)	9:15 Mindful Music (TVsn) 13 10:15 Active Games with Neha (VARI) 2:00 Weekend Entertainment (TLN)
9:15 Gospel Music Listening (TVsn) 14 10:00 Virtual Service (TVns) 2:15 Hymn Sing (TLN)	9:15 Sensory Video & Music Relaxation (TVsn) 15 10:15 Strike Zone (TLN) 11:00 Phylon Cone Game (STV) 2:00 SLRC Party (CH) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 16 10:30 Physio Exercise (TLN) 11:00 Bean Bag/Ring Toss (TLN) 11:00 Balloon Badminton (STV) 2:00 Baby Nursery (ADS) 2:00 Sip and Paint (7FLR)	9:15 Sensory Video & Music Relaxation (TVsn) 17 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting 6:00 Sensory Sound Therapy (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 18 10:30 Physio Exercise (TLN) 2:00 Baby Nursery (ADS) 3:15 Aromatherapy/Hand Massage (VARI) 6:00 Music & Brain Games (TLN)	9:15 Mindful Music (TVsn) 19 11:00 Active Games (TLN) 1:30 Physio Exercise (TLN) 2:00 Friday Fellowship (CH) 6:00 Karaoke Night (7FLR)	9:15 Sensory Video & Music Relaxation (TVsn) 20 10:15 Active Games (VARI) 2:00 Bowling (CH) 3:30 Walking Club (VARI)
9:15 Sensory Video & Music Relaxation (TVsn) 21 10:00 Church Service (CH) 10:00 Virtual Church Service (CH) 2:30 Hymn Sing (TLN) 3:15 Walking Club (VARI)	9:15 Mindful Music (TVsn) 22 2:00 Classic Movie/Concert (ADN) 2:00 Boomers Club (7FLR) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 23 10:30 Physio Exercise (TLN) 11:00 Strike Zone (TLN) 11:00 Bag Toss game (ADS) 2:00 Baby Nursery (ADS)	9:15 Sensory Video & Music Relaxation (TVsn) 24 9:30 Windreach Farm Outing (Out) 10:00 Pawsitively Pets (TLN) 10:30 Music Therapy (ADN) 2:00 Hymn Sing & Service (TLN) 3:30 Recreation Meeting 3:30 Baby Chick Visit (Lib)	9:15 Sensory Video & Music Relaxation (TVsn) 25 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) 26 10:15 Parachute (TVns) 1:30 Physio Exercise (TLN) 2:15 Leaf Rubbing Art (ADS) 3:30 Baby Chick Visit (Lib) 6:00 Friday Movie Night (6TH)	9:15 Mindful Music (TVsn) 27 11:00 Active Games with Neha (TLN) 2:00 Weekend Entertainment (TLN)
9:15 Gospel Music Listening (TVsn) 28 10:00 Virtual Service (TVns) 2:15 Hymn Sing (TLN)	9:15 Sensory Video & Music Relaxation (TVsn) 29 10:15 Strike Zone (TLN) 2:00 Storytime & Coffee (ADN) 2:00 Drum Fit (ADN) 3:15 Montessori Activities (VARI) 6:15 Evening Sing-a-Long (3RD)	9:15 Sensory Video & Music Relaxation (TVsn) 30 10:15 Phylon Cone game (ADN) 10:30 Physio Exercise (TLN) 11:00 Ring Toss/Bean bag (ADS) 2:00 Baby Nursery (ADS)			<u>Locations Legend</u> TV Lounge North (TLN) TV south/north (TVsn) Varied (VARI) Activity Den South (ADS) Activity Den North (ADN) Community Hall (CH) 3RD FLOOR (3RD) South TV Lounge (STV) 6th Floor (6TH) TV Lounge North/South (TVns) 7th Floor (7FLR) TV Lounge N/S (TVns) Library (Lib) TV Lounge South (TLS) Outing (Out)	