



# September 2025

## Shepherd Lodge RHA 3

Neha  
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Shepherd Lodge  
416-609-5700 ext. 225

Please Note: all programs are subject to change

| Sunday                                                                                                                                            | Monday                                                                                                                                                                         | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                   | Friday                                                                                                                                                                | Saturday                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                   | Happy Labour Day <b>1</b><br>2:00 Popsicle distribution (TVNS)<br>                            | 1:30 Physio Group (ADS) <b>2</b><br>2:00 Movie Afternoon (TVNS)<br>6:15 Mystery Night (7FLR)                                                                                                                     | 9:30 Care Conferences <b>3</b> (ADS)<br>11:00 Cubii Challenge (TVNS)<br>2:00 Music Therapy (ADS)<br>2:15 Tennis trials & tidbits (ADN)<br>3:30 Spiritual Hymn Sing (TLN)                                                                                                                                                                                                                                                                           | 10:30 Walking Club (Vari) <b>4</b><br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:45 Hand Touch (Vari)<br>6:00 Music & Brain Games RHA 2  | 10:15 Active Games (TLN) <b>5</b><br>11:00 Active Games on RHA 2 (TLN)<br>2:30 Baby Nursery (ADS)<br>6:00 Friday Night Social w/ Kelly Davies (4FL)                   | 10:00 Sensory Videos/Music/TV <b>6</b><br>11:00 Active Games with Luisa (TLN)<br>2:00 Movies/Music<br>2:00 Music w/ Carla Gonzalez (TLN)                       |
| Grandparents Day <b>7</b><br>10:00 Sunday Church Service (CH)<br>10:00 Virtual Church<br>2:00 Hymn Sing (TLN)                                     | 12:45 Friendly visits <b>8</b><br>1:30 Physio Group (ADS)<br>2:00 Drum Fit (CH)<br>2:30 Tai-Chi (6TH )<br>5:00 Story Circle (HALL)<br>6:15 Sing-a-Long (TLN)                   | 10:30 Chinese Support Group (7FLR) <b>9</b><br>10:30 Hover Ball (ADS)<br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:30 Crafty Corner (ADS)<br>4:00 Minute to Win It (7FLR)<br>4:00 Friendly Visits | 10:15 Cubii Challenge <b>10</b> (TVNS)<br>11:00 Sensory Circle (NSN)<br>2:00 Music Therapy (ADS)<br>2:00 Movie Magic (PL)<br>3:30 Spiritual Hymn Sing (TLN)                                                                                                                                                                                                                                                                                        | 11:10 Active Games (TLN) <b>11</b><br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:30 Sensory & Relaxation (Vari)<br>6:00 Music & Brain Games RHA 2                    | 10:00 Sensory Videos <b>12</b><br>2:00 Afternoon Movie<br>2:00 Friday Fellowship (CH)<br>6:00 Friday Night Social (4FL)                                               | 10:15 Active Games <b>13</b> (TLN)<br>11:00 Active Games on RHA 2 (TLN)<br>2:00 Concert w/Rosita Stone RHA 2<br>3:30 Brain Games (TLN)<br>4:00 1:1 Programming |
| 10:00 Church Service <b>14</b> (CH)<br>2:00 Strolling music with Kelly RHA 6/7<br>2:00 Hymn Sing on RHA 2 (TLN)<br>3:15 Blue Jays Days (TLN)      | 1:30 Physio Group (ADS) <b>15</b><br>2:00 Movie Afternoon<br>2:30 Tai-Chi (6TH )                                                                                               | 1:30 Physio Group <b>16</b> (ADS)<br>2:00 Paint & Sip Party (7FLR)<br>6:15 Big Games Night (7FLR)                                                                                                                | 10:00 Pawsitively Pets <b>17</b> (PL)<br>11:00 Sensory Circle (NSN)<br>2:00 Music Therapy (ADS)<br>2:00 Rent a chicken program<br>3:30 Spiritual Hymn Sing (TLN)<br>6:00 Sound Therapy (ADS)                                                                                                                                                                                                                                                       | 10:30 Walking Club (Vari) <b>18</b><br>11:10 Active Games (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:45 Hand Touch (Vari)<br>6:00 Music & Brain Games RHA 2 | 10:15 Active Games <b>19</b> (TLN)<br>11:00 Active Games on RHA 2 (TLN)<br>2:00 Friday Fellowship (CH)<br>3:45 Wrestling Tales (ND)<br>6:00 Friday Night Social (4FL) | Oktoberfest begins <b>20</b><br>10:00 Sensory Videos/Music/TV<br>11:00 Active Games with Luisa (TLN)<br>2:00 Movies/Music                                      |
| 10:00 Sunday Church Service <b>21</b> (CH)<br>10:00 Virtual Church<br>2:00 Hymn Sing (TLN)                                                        | 1:30 Physio Group <b>22</b> (ADS)<br>2:00 Boomer's Club (7FLR)<br>2:00 Tales & Tea (ADN)<br>2:30 Tai-Chi (6TH )<br>3:45 Tabletop ball scoop (ADS)<br>6:15 Sing-a-Long (TLN)    | 10:30 Active Games <b>23</b> (ADS)<br>11:10 Basketball (TLN)<br>1:30 Physio Group (ADS)<br>3:00 Whac-a-mole (NSS)<br>6:15 Minute to Win It (7FLR)                                                                | 9:30 Windreach Farm <b>24</b> Outing (OUT)<br>2:00 Music Therapy (ADS)<br>2:00 Friendly visits with Cathy (Vari)<br>3:30 Spiritual Hymn Sing (TLN)                                                                                                                                                                                                                                                                                                 | 11:10 Active Games <b>25</b> (TLN)<br>1:30 Physio Group (ADS)<br>2:15 Bingo! (PL)<br>3:30 Sensory & Relaxation (Vari)<br>6:00 Music & Brain Games RHA 2                    | 10:00 Sensory Videos <b>26</b><br>2:00 Afternoon Movie<br>2:00 Friday Fellowship (CH)<br>6:00 Friday Night Social (4FL)                                               | 10:15 Active Games <b>27</b> (TLN)<br>11:00 Active Games on RHA 2 (TLN)<br>2:00 Concert w/Samira Yeo RHA 2<br>3:30 Brain Games (TLN)<br>4:00 1:1 Programming   |
| 10:00 Church Service <b>28</b> (CH)<br>11:00 Strolling music w/John Kim RHA 5/4<br>2:15 Hymn Sing on RHA 2 (TLN)<br>3:00 Hymn Sing w/Trivia (TLS) | 1:15 Montessori <b>29</b> Activities (ADN)<br>1:30 Physio Group (ADS)<br>1:30 Cupcake Decorating (ADS)<br>2:30 Tai-Chi (6TH )<br>3:15 Mini Golf (PL)<br>6:15 Sing-a-Long (TLN) | 1:30 Physio Group <b>30</b> (ADS)<br>6:15 Big Games Night (7FLR)                                                                                                                                                 | <u>Locations Legend</u><br><div>TV Lounge North (TLN)<br/>Activity Den South (ADS)<br/>7th Floor (7FLR)<br/>Community Hall (CH)<br/>Varied (Vari)<br/>Piano Lounge (PL)<br/>Tv lounge North &amp; South (TVNS)<br/>4th Floor (4FL)</div> <div>6th Floor (6TH )<br/>Activity Den North (ADN)<br/>Nursing Station North (NSN)<br/>Hallway (HALL)<br/>North Den (ND)<br/>Nursing Station South (NSS)<br/>Outing (OUT)<br/>TV Lounge South (TLS)</div> |                                                                                                                                                                            |                                                                                  |                                                                                                                                                                |