













September 2025

RHA 4 Shepherd Lodge

Andrea
Recreation Assistant
Contact: 416-609-5700 Ext:258
Programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00 Gospel Music Listing (RSR) 7 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 3:30 Gaither Gospel Concert (TLS)	Popsicle Train (Vari) 1  9:30 Self-Directed Activities (VARI) 8 11:00 Word Games (PL) 2:00 Drum Fit (VARI) 2:00 Boomers Club 7th. RHA (CH) 3:00 Recreation Staff Den Clean Up (N/SD) 3:30 Travel Documentary (PL)	10:00 Staff Care Conference (ADS) 2 10:00 Cubii Exercise (PL) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS)	10:30 Outdoor Concert (COUR) 3 2:00 Bingo - RHA 7 (PL) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (PL) 4 11:00 Spa Sanctuary RHA 7 (PL) 2:00 Hymn Sing - RHA 7 (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL) 3:30 Dice Games RHA 7 (PL)	10:00 Pawisitively Pets (PL) 5 11:00 Word Games (ADN) 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL) 	9:30 Country Cooking in Azerbaijan (TLN) 6 10:00 Cubii Exercise 7th. Floor (PL) 11:00 Cubii Exercise (PL) 2:00 Afternoon Movie (PL) 3:00 Afternoon Concert RHA 7 (PL) 3:30 Comedy Hour (TLS)
9:30 Mindful Music (PL) 14 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 2:00 Strolling Musician RHA7 (PL) 3:15 Bible Trivia & Hymns (PL) 	Resident's Council Week (4FL) 15 10:00 Cubii Exercise 7RHA (PL) 10:00 Cubii Exercise (PL) 2:00 Boomers Club 7th. RHA (CH) 2:00 SLRC Party & Music (CH) 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS)	10:00 Staff Care Conference (ADS) 9 10:00 Mandarin/Cantonese Support Group (PL) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council - 7th. Floor (PL) 3:30 Physio Exercise Group (PL) 5:00 Hindi Movie Hour (TLS)	2:00 Ulster Accordion Band (CH) 10 3:30 Strike Zone Game (PL) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)	10:30 Audible Bible (CH) 11 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL) 	10:00 Cubii Exercise - 7 RHA (PL) 12 11:00 Cubii Exercises (PL) 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Friday Fellowship (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) 13 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 21 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 3:30 Gaither Gospel Concert (TLS)	9:30 Self-Directed Activities (VARI) 22 11:00 Word Games (PL) 2:00 Drum Fit (VARI) 3:00 Recreation Staff Cleaning (N/S) 3:30 Travel Documentary (PL) 	Resident's Council Week (4FL) 16 10:00 Cubii Exercise (PL) 1:15 Men's Fellowship (ADN) 2:00 Paint & Sip Party - RHA 7 (PL) 3:30 Physio Exercise Group (PL) 3:30 1-1 Montessori Activities (RSR) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy (PL)	Resident's Council Week (4FL) 17 9:00 Canadian Automotive Museum Outing (OUT) 2:00 Rent A Chick Program (SD) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL) 	Resident's Council Week (4FL) 18 10:00 Balloon Game (PL) 10:30 Walking Club (COUR) 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Comedy Hour TV (TLN) 3:30 Physio Exercises (PL) 3:30 Visit the Chicks (Lib)	Resident's Council Week (4FL) 19 11:00 Word Games (ADN) 2:00 Friday Fellowship (CH) 2:00 OLTCA Community Engagement Day (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	9:30 Country Cooking in Azerbaijan (TLN) 20 10:00 Cubii Exercise 7th. Floor (PL) 11:00 Cubii Exercise (PL) 2:00 Bowling (CH) 3:30 Comedy Hour (TLS)
9:30 Mindful Music (PL) 28 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 2:00 Strolling Musician (PL) 3:15 Bible Trivia & Hymns (PL)	10:00 Cubii Exercise 7RHA (PL) 29 10:00 Cubii Exercise (PL) 2:00 Boomers Club 7th. RHA (CH) 2:00 Drum Fit (VARI) 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS)	10:00 Cubii Exercise (PL) 23 10:30 Walking Club (COUR) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 3:30 1-1 Montessori Activities (RSR) 3:30 Visit the Chicks (Lib) 5:00 Hindi Movie Hour (TLS)	9:30 Windreach Farm (OUT) 24 10:00 Music Memory Cafe (RSR) 2:00 Rythm Band (ADN) 3:30 Visit the Chicks (Lib) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (PL) 25 2:00 Hymn Sing - RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Physio Exercises (PL) 3:30 Visit the Chicks (Lib)	10:00 Cubii Exercise - 7 RHA (PL) 26 11:00 Cubii Exercises (PL) 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Friday Fellowship (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL) 	9:30 Country Cooking in Azerbaijan (TLN) 27 10:00 Mindful Music (PL) 11:15 Word Games (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)
	10:00 Cubii Exercise 7RHA (PL) 30 10:00 Cubii Exercise (PL) 2:00 Boomers Club 7th. RHA (CH) 2:00 Drum Fit (VARI) 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS)	10:00 Cubii Exercise (PL) 30 10:30 Walking Club (COUR) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 3:30 1-1 Montessori Activities (RSR) 3:30 Visit the Chicks (Lib) 5:00 Hindi Movie Hour (TLS) 6:00 Sound Therapy (PL)		Piano Lounge (PL) Community Hall (CH) TV Lounge South (TLS) Activity Den North (ADN) TV Lounge North (TLN) Resident's room (RSR)	 Varied (VARI) 4th Floor (4FL) Library (Lib) Courtyard (COUR) Activity Den South (ADS) North Den (ND)	Outing (OUT) Varied (Vari) North / South Den (N/SD) South Den (SD) Balcony (N/S)