



September 2025

Shepherd Lodge RHA 5



Jeannette
Recreation Assistant
(416) 609-5700 Ext 254
All programs are
Subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labour Day 1 9:30 1-1 Calendar Distribution (RSR) 2:00 Popsicle Treat (VAR)	2 9:30 Physio Exercises 10:15 Ring Toss (PL) 10:30 Art Therapy (ND) 11:00 Trivia (PL) 2:00 Board Game (ND) 3:30 Discussion Group (ND)	3 9:30 Physio Exercises (PL) 10:30 Outdoor Concert (COUR) 1:45 Video Call (RSR) 2:00 Family Feud (ND) 3:30 Montessori Activities (VAR)	4 9:30 Physio Exercises (PL) 10:00 Country Cooking (TLS) 11:00 Active Games (PL) 2:00 Travelogue (TLS) 3:30 Spiritual Hymn Sing (PL)	5 9:30 Country Cooking (TLS) 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 3:15 Readings (SD) 6:00 Friday Social Hour -6fl (PL)	6 9:30 Travelogue (TLS) 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 2:00 Entertainment-6fl (PL) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 7 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	8 9:45 Listen to the Rhythm (ND) 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Drum Fit (CH) 2:30 Tai Chi -6fl (PL)	9 9:30 Physio Exercises 10:00 Cantonese Grp with Iris - 7fl (PL) 10:30 Art Therapy (ND) 2:00 Resident's Council (PL) 3:15 Music Concert -tv (TLS) 3:30 Active Game (PL)	10 9:30 Physio Exercises (PL) 11:00 Active Games (VARI) 2:00 Ulster Accordion Band (CH) 3:00 Comedy Hour (TLS) 4:00 Recreation Huddle	11 9:30 Physio Exercises (PL) 10:30 Spiritual Life Trivia (CH) 11:00 Country Cooking (TLS) 3:30 Spiritual Hymn Sing (PL)	12 9:30 Country Cooking (TLS) 2:00 Friday Fellowship (CH) 3:15 Active Games (VARI) 3:30 Travelogue (TLS) 6:00 Friday Social Hour (PL)	13 9:30 Travelogue (TLS) 11:00 Active Game (PL) 2:30 Entertainment-5fl (PL) 3:00 Country Cooking (TLS) 
10:00 Church Service (CH) 14 10:00 Virtual Service (PL) 2:00 Strolling Music -5fl 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)	15 Resident Council Week 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 SLRC Party & Music (GR) 2:30 Tai Chi -6fl (PL)	16 Resident Council Week 9:30 Physio Exercises 10:15 Ring Toss (PL) 10:30 Art Therapy (ND) 11:00 Word Games (PL) 2:00 Paint and Sip Party -4fl (PL)	17 Resident Council Week 9:00 Canadian Auto Museum (OUT) 10:00 Rent a Chick Program 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Montessori Activities (VARI) 5:45 Quiddler Night Grp (ND)	18 Resident Council Week 9:30 Physio Exercises (PL) 10:00 Country Cooking (TLS) 11:00 Active Games (PL) 2:00 Travelogue (TLS) 3:30 Spiritual Hymn Sing (PL)	19 Resident Council Week 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 2:00 Friday Fellowship (CH) 2:00 OLTCA Community Day-7fl 6:00 Friday Social Hour (PL)	20 9:30 Travelogue (TLS) 10:00 Active Games (PL) 11:00 Active Game-6Fl (TLN) 2:00 Bowling (CH) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 21 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI) 	22 9:45 Listen to the Rhythm (ND) 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH)	23 9:30 Physio Exercises 10:30 Art Therapy (ND) 11:00 Trivia (5TH) 2:00 Music Concert -tv (TLS) 3:30 Active Game-5fl (PL)	24 9:00 Windreach Farm (OUT) 9:30 Physio Exercises (PL) 10:00 Country Cooking 11:00 Active Games (VARI) 3:00 Trivia (PL)	25 9:30 Physio Exercises (PL) 10:00 Pawsitively Pets (PL) 11:15 Trivia (PL) 2:00 Dice Game (ND) 3:30 Spiritual Hymn Sing (PL)	26 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 2:00 Friday Fellowship (CH) 6:00 Friday Social Hour (PL) 	27 9:30 Travelogue (TLS) 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:00 Entertainment-5fl (VAR) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 28 10:00 Virtual Service (PL) 2:00 Strolling Music -5fl 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)	29 9:45 Listen to the Rhythm (ND) 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:30 Tai Chi -6fl (PL)	30 9:30 Physio Exercises 10:15 Ring Toss (PL) 10:30 Art Therapy (ND) 11:00 Trivia (PL) 2:00 Strike Zone (PL)			Locations Legend Piano Lounge (PL) TV Lounge South (TLS) Varied (VARI) North Den (ND) Community Hall (CH) South Den (SD) Resident's room (RSR) VARIED (VAR) TV Lounge North (TLN) Outing (OUT) Courtyard (COUR) Gardenview Room (GR) 5th Floor Piano Lounge (5TH)	