



September 2025

Shepherd Lodge - RHA 6

Catherine
Recreation Assistant
(416) 609-5700 ext. 223
All Programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LABOUR DAY 1 9:00 Christian Music (TVNS) 2:00 Disney/Tamil/Turkish Movies 2:00 Popsicle Train (Vari)	2 9:00 Christian Music (TVNS) 9:00 Calendar Distribution 10:45 Garden Walk (Cour) 2:00 Disney/Tamil/Turkish Movies 3:00 Volunteer Care Connect	3 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:45 Physio Exercise (PL) 10:30 Outdoor Concert (Cour) 2:00 Disney/Tamil/Turkish Movies 2:00 Card/Board Games/Colouring (PL) 2:00 Volunteer Care Connect	4 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:45 Physio Exercise (PL) 10:00 Dice & Do (PL) 2:00 Disney/Tamil/Turkish Movies 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL)	5 9:00 Christian Music (TVNS) 9:45 Physio Exercise (PL) 10:30 Chats & Chapters 12:00 1:1 Staff Friendly Visits 2:00 Disney/Tamil/Turkish Movies 2:00 Friday Fellowship 6:00 Friday Night Social (6fl)	6 9:00 Christian Music (TVNS) 11:15 Active Games (PL) 2:00 Disney/Tamil/Turkish Movies 2:30 Saturday Entertainment (PL)
7 9:00 Christian Music (TVNS) 10:00 Virtual Church 10:00 Church Service 2:00 Disney/Tamil/Turkish Movies	8 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 10:00 Bingo Bonanza (PL) 11:15 Chats & Chapters 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect (Vari) 2:00 Drumfit 2:30 Tai Chi (PL)	9 9:00 Christian Music (TVNS) 9:45 Wake & Wiggle (PL) 10:00 Mandarin/Cantonese Support Group - 7fl 11:15 Garden Walk (Cour) 2:00 Disney/Tamil/Turkish Movies 2:00 Residents' Council Meeting 3:00 Volunteer Care Connect	10 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 11:15 Chats & Chapters (VARI) 2:00 Disney/Tamil/Turkish Movies 2:00 Ulster Accordion Band 2:00 Volunteer Care Connect 2:15 Card Games (ADN) 4:00 Recreation Huddle	11 9:00 Christian Music (TVNS) 9:00 Audible Bible 2:00 Disney/Tamil/Turkish Movies 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL)	12 9:00 Christian Music (TVNS) 10:30 Chats & Chapters 12:00 1:1 Staff Friendly Visits (Vari) 2:00 Disney/Tamil/Turkish Movies 2:00 Friday Fellowship 6:00 Friday Night Social	13 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:30 Wake & Wiggle (PL) 10:15 Balloon Badminton (PL) 2:00 Disney/Tamil/Turkish Movies 2:30 Saturday Entertainment - 5fl 3:45 AromaSpa Session (ADS)
14 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 10:00 Virtual Church 10:00 Church Service 2:00 Disney/Tamil/Turkish Movies 2:30 Strolling Musician - 5fl 3:15 Gratitude Circle	15 Residents' Council Week 9:00 Christian Music (TVNS) 10:30 Garden Walk (COUR) 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect (Vari) 2:00 SLRC Party 2:30 Tai Chi (PL)	16 Residents' Council Week 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:45 Wake & Wiggle (PL) 11:15 Garden Walk (Cour) 2:00 Disney/Tamil/Turkish Movies 2:00 Paint and Sip Party - 7fl 3:00 Volunteer Care Connect	17 Residents' Council Week 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:00 Canadian Auto Museum (Out) 11:15 Chats & Chapters (VARI) 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect 6:00 Sound Therapy (7fl)	18 Residents' Council Week 9:00 1:1 Staff Friendly Visits 9:00 Christian Music (TVNS) 10:00 Dice & Do (PL) 10:30 Garden Walk 2:00 Disney/Tamil/Turkish Movies 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL)	19 Residents' Council Week 9:00 Christian Music (TVNS) 11:15 Chats & Chapters (VARI) 12:00 1:1 Staff Friendly Visits (Vari) 2:00 Disney/Tamil/Turkish Movies 2:00 Friday Fellowship 2:00 OLTCA Community Day - 7fl 6:00 Friday Night Social	20 9:00 Christian Music (TVNS) 11:15 Active Games (PL) 2:00 Disney/Tamil/Turkish Movies 2:00 Bowl-A-Rama
21 9:00 Christian Music (TVNS) 10:00 Virtual Church 10:00 Church Service 2:00 Disney/Tamil/Turkish Movies 2:00 Active Games	22 9:00 Christian Music (TVNS) 10:30 Chats & Chapters (VARI) 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect (Vari) 2:00 Boomer's Club - 7fl 2:30 Tai Chi (PL)	23 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:45 Wake & Wiggle (PL) 10:00 Bingo Bonanza (PL) 11:15 Garden Walk (Cour) 2:00 Disney/Tamil/Turkish Movies 3:00 Volunteer Care Connect	24 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:30 Windreach Farm (Out) 10:00 Dice & Do (PL) 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect 3:30 Baby Chick Visit (Lib)	25 9:00 Christian Music (TVNS) 10:30 Garden Walk 2:00 Disney/Tamil/Turkish Movies 2:15 Card Games (ND) 3:30 Spiritual Hymn Sing -5fl (PL) 6:00 Sound Therapy (7fl)	26 9:00 Christian Music (TVNS) 10:30 Chats & Chapters 12:00 1:1 Staff Friendly Visits (Vari) 2:00 Disney/Tamil/Turkish Movies 2:00 Friday Fellowship 3:30 Baby Chick Visit (Lib) 6:00 Friday Night Social	27 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits 9:30 Wake & Wiggle (PL) 10:15 Balloon Badminton (PL) 2:00 AromaSpa Session (ADS) 2:00 Disney/Tamil/Turkish Movies
28 9:00 Christian Music (TVNS) 9:00 1:1 Staff Friendly Visits (Vari) 10:00 Virtual Church 10:00 Church Service 2:00 Disney/Tamil/Turkish Movies 2:30 Strolling Music - 5fl 3:15 Gratitude Circle	29 9:00 Christian Music (TVNS) 11:15 Chats & Chapters 2:00 Disney/Tamil/Turkish Movies 2:00 Volunteer Care Connect (Vari) 2:00 Not just Boomer's 7fl (ADN) 2:30 Tai Chi (PL)	30 9:00 Christian Music (TVNS) 9:45 Wake & Wiggle (PL) 11:15 Garden Walk (Cour) 2:00 Disney/Tamil/Turkish Movies 3:00 Volunteer Care Connect 6:00 Sound Therapy (7fl)			<u>Locations Legends</u> Piano Lounge (PL) Community Hall (CH) Varied (VARI) Resident's Room (RSR) Courtyard (COUR) Outdoors (ODS/Balcony)	South Den (SD) North Den (ND) Outing (Out) TV Lounge North (TLN) TV Lounge South (TLS) TV Lounge North/South (TVNS)