





September 2025

Shepherd Lodge - RHA 7

Roxcene
Recreation Assistant
416 608 5700 ext 235
All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Popsicle Train Happy Labour Day 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning	12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Mahjong Club (ADN) 2:00 Bingo (PL) 3:30 Showbiz Tuesdays (PL) 6:15 Mystery Night (7FLR)	Game Shows 10:30 Outdoor Concert (COUR) 12:30 Mindful Music (TLS) 2:30 Baking (PL) 3:30 Wheel of Trivia (PL)	10:15 Fun & Fitness (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Pawsitively Pets (4FL) 10:00 Self-Directed Activities (VARI) 11:15 Rhythm Drumming Circle (PL) 2:00 Shuffleboard (ADN) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 12:30 Sensory & Relaxation (TVNS) 3:00 Musical Entertainer (PL) 3:30 Movie Afternoon (TVNS) 6:00 Dominoes (PL)
10:00 Spiritual Life Church Service (SOT) 10:00 Spiritual Life Virtual (SOT) 2:00 Hymn Sing (4FL) 2:00 Movie Afternoon (TVNS)	10:00 Self Directed Activities (VARI) 2:00 Drumfit (CH) 2:30 Tai Chi (6TH) 3:30 Dominoes (PL)	10:00 Support Group (7FLR) 12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council (5fl) 3:30 Showbiz Tuesdays (PL) 6:15 Minute to Win it (7FLR)	10:00 Whiteboard Word Wars (PL) 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 2:00 Accordion Band (PL) 3:30 Wheel of Trivia (PL) 6:00 4th RHA Hymn sing (PL)	10:00 Fun & Fitness (PL) 10:30 Audible Bible Study (CH) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Friday Fellowship (CH) 6:00 Movie Night (Vari)	10:15 Morning Exercises (PL) 11:15 Word games on 4th RHA 12:30 Mindful Music (TLS) 2:00 Family Feud (PL) 3:00 Musical Entertainer on RHA 4 4:00 Cards (Skipbo) (PL)
10:00 Spiritual Life Church Service (CH) 12:30 Mindful Music (TLS) 2:00 Gratitude Circle (PL) 3:15 Bible Trivia on 4th RHA (PL) 4:00 Aromatherapy Hour (ADN)	Resident Council Week 10:00 Move it Cubii Exercise (PL) 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Drumfit (CH) 2:00 SLRC Party (GR)	Resident Council Week 12:30 Mindful Music (TLS) 1:30 Mahjong Club (PL) 2:00 Paint & Sip (4FL) 3:30 Showbiz Tuesdays (PL) 6:15 Big Games Night (7FLR)	Resident Council Week Autumn Harvest Festival 10:00 Leaf Pressing Craft & Pumpkin Painting (PL) 12:30 Mindful Music (TLS) 1:30 Harvest Feast Social (PL) 3:30 Wheel of Trivia (PL) 6:00 Sound Therapy (3RD)	Resident Council Week 9:30 Rec Staff in Care Conference 10:15 Fun & Fitness (PL) 11:00 Bingo (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	Resident Council Week 10:00 Self-Directed Activities (VARI) 10:15 Rhythm Drumming Circle (PL) 11:00 Word games (4FL) 2:00 Friday Fellowship (CH) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 12:30 Sensory & Relaxation (TVNS) 2:00 Bowling (PL) 3:30 Movie Afternoon (TVNS) 6:00 Dominoes (PL)
10:00 Spiritual Life Church Service (SOT) 10:00 Spiritual Life Virtual (SOT) 2:00 Hymn Sing (4FL) 3:00 Movie Afternoon	10:00 Self Directed Activities (VARI) 10:00 Frisbee Ring Challenge (PL) 11:00 Morning Puzzles/Word Games on 4th floor (ADN) 2:00 Boomers Club (7FLR) 3:30 Dominoes (PL)	12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Shuffleboard (ADN) 3:30 Showbiz Tuesdays (PL) 6:15 Minitue to Win It (7FLR)	11:00 Fun and Fitness (PL) 12:30 Mindful Music (TLS) 2:30 Baking (PL) 3:30 Wheel of Trivia (PL) 6:00 4th RHA Hymn sing (PL)	9:30 Care Conference 10:15 Fun & Fitness (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Friday Fellowship (CH) 6:00 Friday Social Hour (Vari)	10:15 Morning Exercises (PL) 12:30 Mindful Music (TLS) 3:00 Musical Entertainer on RHA 4
10:00 Spiritual Life Church Service (CH) 12:30 Mindful Music (TLS) 2:00 Gratitude Circle (PL)	10:00 Move it Cubii Exercise (PL) 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Drumfit (CH)	12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 2:00 Mahjong Club (PL) 3:30 Showbiz Tuesdays (PL) 6:15 Big Games Night (7FLR)			<u>Locations Legend</u> <div>Piano Lounge (PL) TV Lounge South (TLS) Activity Den North (ADN) Community Hall (CH) 7th Floor (7FLR) 4th Floor (4FL) Tv lounge North & South (TVNS) Varied (VARI)</div> <div>Varied (Vari) Sanctuary/ On TV (SOT) Courtyard (COUR) 6th Floor (6TH) 5th Floor (5fl) Gardenview Room (GR) 3RD FLOOR (3RD)</div>	