



October 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
Locations Legend Piano Lounge (PL) TV Lounge South (TLS) Varied (VARI) Community Hall (CH) North Den (ND) Resident's room (RSR) South Den (SD) TV Lounge North (TLN) Outing (OUT) Gardenview Room (GR)			9:30 Physio Exercises (PL) 1 11:15 Active Games (VARI) 1:30 National Seniors Day Special (CH) 1:45 Video Call (RSR) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 2 10:00 Country Cooking (TLS) 10:00 Pet Therapy (PL) 2:00 Travelogue (TLS) 2:00 Friday Fellowship (CH) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 3 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 6:00 Friday Social Hour -4fl (PL)	9:30 Travelogue (TLS) 4 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) 5 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	9:45 Listen to the Rhythm (ND) 6 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:30 Tai Chi -6fl (PL)	9:30 Physio Exercises 7 10:30 Art Therapy (ND) 11:00 Trivia (PL) 2:30 Food Committee Mtg -7fl (PL) 3:30 Active Game (PL) 6:00 Singalong (PL)	9:30 Physio Exercises (PL) 8 10:00 Country Coocking (TLN) 11:00 Active Game (PL) 2:30 Harvest Social- Entertainer (PL)	9:30 Physio Exercises (PL) 9 10:30 Spiritual Life Trivia (CH) 2:00 Andre Rieu -Tv (TLN) 3:30 Spiritual Hymn Sing (PL) 4:30 Country Cooking (TLS)	9:30 Country Cooking (TLS) 10 2:00 Shuffleboard (SD) 3:30 Travelogue (TLS) 6:00 Friday Social Hour - 5fl (PL)	9:30 Travelogue (TLS) 11 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:00 Bowling (CH) 3:30 Country Cooking (TLS) 
10:00 Church Service (CH) 12 10:00 Virtual Service (PL) 2:00 Strolling Music -5fl 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)	Happy Thanksgiving Day 13 10:00 Country Coocking 2:00 Holiday Treat (VARI) 	9:30 Physio Exercises 14 10:00 Cantonese Grp with Iris - 7fl (PL) 10:15 Ring Toss (PL) 1:30 Musselman Lake Outing (OUT) 2:00 Resident's Council (PL)	11:15 Active Games (VARI) 15 1:45 Video Call (RSR) 2:00 Milestone Event (CH) 3:30 Busy Hands (ND) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 16 10:00 Country Cooking (TLS) 11:00 Active Games (PL) 2:00 Travelogue (TLS) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 17 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 2:00 Friday Fellowship (CH) 6:00 Friday Social Hour -6fl (PL)	9:30 Travelogue (TLS) 18 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) 19 10:00 Virtual Service (PL) 11:00 Travelogue 11:30 Video Call (VARI) 2:00 Sing-a-long (VARI)	9:45 Listen to the Rhythm (ND) 20 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:00 Boomer's Club (CH) 2:30 Tai Chi -6fl (PL)	9:30 Country Cooking (TLS) 21 9:30 Physio Exercises 10:30 Art Therapy (ND) 2:00 Strike Zone (PL) 3:15 Music Concert -tv (TLS) 6:00 Singalong (PL)	9:30 Physio Exercises (PL) 22 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Mystery Party (CH) 5:45 Quiddler Night Grp (ND)	Recreation Education Day 23 9:30 Physio Exercises (PL) 10:00 Pet Therapy (VARI) 2:00 Travelogue (TLS) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 24 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Shuffleboard (SD) 2:00 Friday Fellowship - Hymn Sing (CH) 6:00 Friday Social Hour - 7fl (PL)	9:30 Travelogue (TLS) 25 11:00 Active Game (PL) 2:00 Comedy Hour (TLS) 2:30 Entertainment -5fl (PL) 3:00 Country Cooking (TLS)
10:00 Church Service (CH) 26 10:00 Virtual Service (PL) 3:00 Country Cooking (TLS) 3:15 Gratitude Circle (PL)	9:45 Listen to the Rhythm (ND) 27 10:00 Video Call (VARI) 10:30 Fun & Fitness (PL) 1:45 Video Call (VARI) 2:30 Tai Chi -6fl (PL) 3:30 Busy Hands (ND)	9:30 Physio Exercises 28 10:30 Art Therapy (ND) 10:30 Liann Harris -Pirates & Blunders (GR) 2:00 Board Games (ND) 6:00 Singalong (PL)	9:30 Physio Exercises (PL) 29 11:15 Active Games (VARI) 1:45 Video Call (RSR) 2:00 Worldwide Adventures (ND) 5:45 Quiddler Night Grp (ND)	9:30 Physio Exercises (PL) 30 10:00 Country Cooking (TLS) 11:00 Active Games (PL) 2:00 Pumpkin Bowl - 6RHA (PL) 3:30 Spiritual Hymn Sing (PL)	9:30 Country Cooking (TLS) 31 10:15 Fun & Fitness (PL) 11:00 Trivia (PL) 2:00 Friday Fellowship With Ruth Onley (CH) 6:00 Friday Social Hour - 4fl (PL)	