





October 2025

Shepherd Lodge RHA 2

Luisa
Recreation Assistant
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Calendars may be adapted to fit the needs of our residents.

All activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> TV Lounge North TV south/north Varied Activity Den South Activity Den North Community Hall 3RD FLOOR						
			9:15 Sensory Video & Music Relaxation 10:25 Music Therapy 10:30 Exercises & Games 1:30 National Senior's Day Event 2:00 Hymn Sing & Service 4:00 Recreation Meeting 6:00 Sensory Sound Therapy	9:15 Sensory Video & Music Relaxation 10:30 Physio Exercise 2:00 Friday Fellowship 2:00 Grateful Pumpkin - Discussion 3:15 Aromatherapy/Hand Massage 6:00 Music & Brain Games	9:15 Mindful Music 11:00 Active Games 1:30 Physio Exercise 6:00 Friday Social	9:15 Sensory Video & Music Relaxation 10:15 Active Games 2:00 Mindful Art 3:30 Walking Club 7:00 Blue Jays Game on Television
9:15 Sensory Video & Music Relaxation 10:00 Church Service 10:00 Virtual Church Service 1:30 Blue Jays Game on Television 2:30 Hymn Sing 3:15 Walking Club	9:15 Mindful Music 2:00 Classic Movie 2:00 Drum Fit 6:15 Evening Sing-a-Long	9:15 Sensory Video & Music Relaxation 10:15 Phylon Cone game 10:30 Physio Exercise 11:00 Strike Zone 2:00 Baby Nursery	9:15 Sensory Video & Music Relaxation 10:30 Music Therapy 11:00 Recreation Meeting 2:00 Hymn Sing & Service 2:30 Musical Afternoon	9:15 Sensory Video & Music Relaxation 10:00 Balloon Badminton 10:30 Physio Exercise 10:30 Pet Therapy 1:30 Fall Outing - Musselman Lake	9:15 Music Relaxation 1:30 Physio Exercise 2:00 Friday Fellowship 2:00 Movie Matinee 6:00 Friday Social	9:15 Mindful Music 11:00 Active Games with Neha 2:00 Bowling 
9:15 Gospel Music Listening 10:00 Virtual Service 2:15 Hymn Sing	Happy Thanksgiving Day 9:15 Mindful Music 2:00 Movie Afternoon 2:00 Holiday Treats 	9:15 Sensory Video & Music Relaxation 10:00 Mandarin/Cantonese support Group with Iris 10:00 Walking Club 10:30 Physio Exercise 11:00 Ring Toss/Bean Bag Games 2:00 Baby Nursery	9:15 Sensory Video & Music Relaxation 10:30 Music Therapy 11:00 Cubii Exercise 2:00 Hymn Sing & Service 2:00 Sensory Sound Therapy 4:00 Recreation Meeting	9:15 Sensory Video & Music Relaxation 10:30 Physio Exercise 2:00 Baby Nursery 3:15 Aromatherapy/Hand Massage 6:00 Music & Brain Games	9:15 Sensory Video & Music Relaxation 11:00 Active Games 1:30 Physio Exercise 2:00 Friday Fellowship 6:00 Friday Social - Karaoke	9:15 Sensory Video & Music Relaxation 10:15 Active Games 2:00 Mindful Arts 3:30 Walking Club
9:15 Sensory Video & Music Relaxation 10:00 Church Service 10:00 Virtual Church Service 2:30 Hymn Sing 3:15 Walking Club	9:15 Mindful Music 2:00 Drum Fit 2:00 Movie Matinee 6:00 Evening Singalong	9:15 Sensory Video & Music Relaxation 10:00 Walking Club 10:30 Physio Exercise 11:00 Strike Zone 2:00 Baby Nursery 6:00 sensory Sound Therapy	9:15 Sensory Video & Music Relaxation 10:00 Pawsitively Pets 10:30 Music Therapy 2:00 Hymn Sing & Service 2:00 Mystery Party 4:00 Recreation Meeting	9:00 Recreation Educational Day 9:15 Mindful Music 10:30 Physio Exercise 2:00 Movie Matinee	9:15 Sensory Video & Music Relaxation 10:00 Walking Club 10:30 Phylon Cone Game 1:30 Physio Exercise 2:00 Friday Fellowship 5:00 Noodle Crafting 6:00 Friday Social	9:15 Sensory Video & Music Relaxation 11:00 Active Games with Neha 2:00 Weekend Entertainment
9:15 Gospel Music listening 10:00 Church Service 10:00 Virtual Service 2:15 Hymn Sing	9:15 Sensory Video & Music Relaxation 10:15 Strike Zone 2:00 Short Stories 3:15 Montessori Activities	9:15 Sensory Video & Music Relaxation 10:30 Physio Exercise 10:30 Liann Harris - Historian 2:00 Baby Nursery	9:15 Sensory Video & Music Relaxation 10:15 Exercises 10:30 Music Therapy 2:00 Hymn Sing & Service 4:00 Recreation Meeting	9:15 Sensory Video & Music Relaxation 10:30 Physio Exercise 2:00 Pumpkin Toss 3:15 Aromatherapy/Hand Massage 6:00 Music & Brain Games	Halloween 9:15 Sensory Video & Music Relaxation 1:30 Physio Exercise 2:00 Friday Fellowship 6:00 Friday Social - Karaoke	