





October 2025

RHA 4 Shepherd Lodge

Andrea
Recreation Assistant
Contact: 416-609-5700 Ext. 258
Programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Piano Lounge (PL) Community Hall (CH) Activity Den North (ADN) Resident's room (RSR) Library (Lib)						
TV Lounge South (TLS) Varied (VARI) Courtyard (COUR) Sanctuary/ On TV (SOT) Outing (OUT)						
North Den (ND) Varied (Vari) 7th Floor (7FLR) TV Lounge North/South (TVns)						
			10:00 Strike Zone (PL) 1 1:30 National Senior's Day (CH) 3:30 Visit the Chicks (Lib) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL) 6:00 Sound Therapy (PL)	10:00 Fun & Fitness (PL) 2 10:30 Pet Therapy - Coco Visit (PL) 2:00 Hymn Sing RHA 7 (PL) 3:00 Grateful Pumpkin (PL) 3:30 Physio Exercises (PL) 3:30 Visit the Chicks (Lib)	11:00 Word Games (ADN) 3 2:00 Friday Fellowship (PL) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	10:00 Cubii Exercise 7th. Floor (PL) 4 11:00 Cubii Exercise (PL) 2:00 Cover The Dot (CH) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (RSR) 5 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 10:00 Spiritual Life Virtual (SOT) 1:30 Blue Jay Game (PL) 2:00 Pre-National Noodle Day Art (PL) 3:30 Gaither Gospel Concert (TLS)	National Noodle Day (PL) 6 9:30 Self-Directed Activities (VARI) 11:00 Word Games (PL) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL)	1:15 Men's Fellowship (ADN) 7 2:00 Food Committee Mtg - RHA 7 (PL) 3:30 Physio Exercise Group (PL) 3:30 1-1 Montessori Activities (RSR) 7:00 Blue Jay Game (PL)	10:00 Music Memory Cafe (RSR) 8 2:00 Musical Afternoon (ADN) 2:30 Obie Games (PL) 3:30 Visit the Chicks (Lib) 6:00 Hymns & Bible Reading With 7RHA (PL) 7:00 Blue Jays Game (PL)	10:30 Audible Bible (CH) 9 1:30 Musselman Lake outing (OUT) 1:30 Mussleman Lake Outing (OUT) 2:00 Hymn Sing RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Physio Exercises (PL) 3:30 Visit the Chicks (Lib)	11:00 Cubii Exercises (PL) 10 2:00 Resident's Council - 6th. Floor (PL) 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Friday Fellowship (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social - RHA 5th. (PL)	10:00 Mindful Music (PL) 11 11:15 Word Games (ADN) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL) 
9:30 Mindful Music (PL) 12 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 2:30 Strolling Musician (7FLR) 3:15 Bible Trivia & Hymns (PL)	Happy Thanksgiving (PL) 13 Tasty Treats Cart (Vari) 3:30 Comedy Hour (PL) 	10:00 Mandarin/Cantonese Support Group (TVns) 14 10:30 Walking Club (COUR) 1:15 Men's Fellowship (ADN) 2:00 1-1 Montessori Activities (RSR) 3:30 Physio Exercise Group (PL) 3:30 Visit the Chicks (Lib)	10:00 Cubii Exercises (PL) 15 10:30 Walking Club (COUR) 2:00 Milestone Event (CH) 6:00 Hymns & Bible Reading With 7RHA (PL) 6:00 Sound Therapy (PL)	10:00 Fun & Fitness (CH) 16 10:30 Balloon Game (PL) 2:00 Hymn Sing RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Physio Exercises (PL) 3:30 Visit the Chicks (Lib)	11:00 Word Games (ADN) 17 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	11:00 Cubii Exercise (PL) 18 2:00 Cover The Dot (CH) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (RSR) 19 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 10:00 Spiritual Life Virtual (SOT) 2:00 Hymn Singing (PL) 3:30 Gaither Gospel Concert (TLS)	9:30 Self-Directed Activities (VARI) 20 11:00 Word Games (PL) 2:00 Drum Fit (VARI) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL)	10:00 Cubii Exercise (PL) 21 10:30 Walking Club (COUR) 1:15 Men's Fellowship (ADN) 2:00 1-1 Montessori Activities (RSR) 3:30 Physio Exercise Group (PL) 3:30 Visit the Chicks (Lib)	10:00 Music Memory Cafe (RSR) 22 2:00 Mystery Party (CH) 4:00 Recreation Staff Meeting 6:00 Hymns & Bible Reading With 7RHA (PL) 6:00 Sound Therapy (PL)	Recreation Staff Meeting 23 10:30 Pet Therapy - Coco Visit (PL) 2:00 Hymn Sing RHA 7 (PL) 3:30 Physio Exercises (PL)	11:00 Cubii Exercises (PL) 24 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Friday Fellowship (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA7th. (PL)	10:00 Mindful Music (PL) 25 11:15 Word Games (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 26 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 2:30 Strolling Musician (Vari) 3:15 Bible Trivia & Hymns (PL)	10:00 Cubii Exercise 7RHA (PL) 27 10:00 Cubii Exercise (PL) 2:00 Boomers Club 7th. RHA (CH) 2:00 Travel Documentary (PL) 5:00 Hindi Movie Hour (TLS)	10:30 People in History (CH) 28 1:15 Men's Fellowship (ADN) 2:00 1-1 Montessori Activities (RSR) 3:30 Physio Exercise Group (PL)	4:00 Recreation Staff Meeting 29 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Pumpkin Bowl-A-Rama (PL) 30 2:00 Hymn Sing RHA 7 (PL) 3:00 Brain Teasers (PL) 3:30 Physio Exercises (PL)	11:00 Word Games (ADN) 31 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Karaoke (PL)	