



October 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
Locations Legend Piano Lounge (PL) TV Lounge South (TLS) Community Hall (CH) Activity Den North (ADN) Varied (VARI) Tv lounge North & South (TVNS) 7th Floor (7FLR) Varied (Vari) Sanctuary/ On TV (SOT) 4th Floor (4FL) Activity Den South (ADS) Outing (OUT) Gardenview Room (GR)			10:00 Lifelong Learning and Discussion (PL) 1 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 1:30 National Seniors' Day Celebration (CH) 3:30 Wheel of Trivia (PL) 6:00 Sound Therapy (ADS)	10:15 Fun & Fitness (PL) 2 11:00 Bingo (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 2:00 Thursday Fellowship (CH) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 3 10:15 Rhythm Drumming Circle (PL) 11:00 Word games on 4th RHA 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 4 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) 5 10:00 Spiritual Life Virtual (SOT) 2:00 Sunday Reflection Circle (4FL) 2:00 Hymn Sing (4FL) 2:00 Movie Afternoon (TVNS) 3:00 Aromatherapy Hour (ADN)	10:00 Self Directed Activities (VARI) 6 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) 7 1:15 Men's Fellowship (ADN) 2:30 Food Council Committee (PL) 3:30 Showbiz Tuesdays (PL) 6:15 Big Games Night (7FLR)	10:00 Whiteboard Word Wars (PL) 8 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 3:00 Musical Fall Event (PL) 3:30 Wheel of Trivia (PL) 6:00 4th RHA Hymn sing (PL)	10:15 Fun & Fitness (PL) 9 10:30 Audible Bible Study (CH) 12:30 Mindful Music (TLS) 1:30 Mussleman Lake Outing (OUT) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 10 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) 11 11:15 Word games on 4th RHA 12:30 Mindful Music (TLS) 2:00 Family Feud (PL) 2:00 Bowling (CH) 4:00 Cards (Skipbo) (PL) 
10:00 Spiritual Life Church Service (CH) 12 12:30 Mindful Music (TLS) 2:00 Gratitude Circle (PL) 3:15 Bible Trivia on 4th RHA (PL) 4:00 Aromatherapy Hour (ADN)	Happy Thanksgiving 13 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 	10:00 Chinese Support Group (7FLR) 14 12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 1:30 Mussleman Lake Outing (OUT) 2:00 Resident's Council RHA 4 (VARI) 3:30 Showbiz Tuesdays (PL)	10:00 Lifelong Learning and Discussion (PL) 15 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 2:00 Milestone Event (CH) 3:30 Wheel of Trivia (PL) 6:00 Sound Therapy (ADS)	10:15 Fun & Fitness (PL) 16 11:00 Bingo (PL) 12:30 Mindful Music (TLS) 1:30 Mussleman Lake Outing (OUT) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 17 10:15 Rhythm Drumming Circle (PL) 11:00 Word games on 4th RHA 2:00 Friday Fellowship (CH) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Cubii Exercises with Andrea (PL) 18 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) 19 10:00 Spiritual Life Virtual (SOT) 2:00 Sunday Reflection Circle (4FL) 2:00 Hymn Sing (4FL) 2:00 Movie Afternoon (TVNS) 3:00 Aromatherapy Hour (ADN)	10:00 Self Directed Activities (VARI) 20 10:00 Frisbee Ring Challenge (PL) 11:00 Morning Puzzles/Word Games on 4th floor (ADN) 2:00 Boomers Club (7FLR) 2:00 Drumfit (CH) 3:30 Dominoes (PL)	12:30 Mindful Music (TLS) 21 1:15 Men's Fellowship (ADN) 2:00 Mahjong Club (PL) 3:30 Showbiz Tuesdays (PL) 6:15 Big Games Night (7FLR)	10:00 Whiteboard Word Wars (PL) 22 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 2:00 Mystery Party (CH) 3:30 Wheel of Trivia (PL) 6:00 4th RHA Hymn sing (PL) 6:00 Sound Therapy (ADS)	Recreation Consultant & Education Day 23 9:30 Care Conference 10:15 Fun & Fitness (PL) 11:00 Bingo (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 24 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) 25 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) 26 12:30 Mindful Music (TLS) 2:00 Gratitude Circle (PL) 3:15 Bible Trivia on 4th RHA (PL) 4:00 Aromatherapy Hour (ADN)	10:00 Move it Cubii Exercise (PL) 27 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 2:00 Drumfit (CH)	10:30 Pirates & Blunders with Lianne Harris (GR) 28 12:30 Mindful Music (TLS) 1:15 Men's Fellowship (ADN) 3:30 Baking (PL) 6:15 Big Games Night (7FLR)	10:00 Lifelong Learning and Discussion (PL) 29 11:00 Chair Volleyball (PL) 12:30 Mindful Music (TLS) 2:00 Pumpkins & Potions Party (PL) 6:00 4th RHA Hymn sing (PL)	9:30 Care Conference 30 10:15 Fun & Fitness (PL) 10:30 Audible Bible Study (CH) 11:00 Bingo (PL) 12:30 Mindful Music (TLS) 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 31 10:15 Rhythm Drumming Circle (PL) 11:00 Word games on 4th RHA 2:00 Friday Fellowship (CH) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	