

August 2026

Shepherd Village Terrace

-All programs are subject to change.
-Outdoor activities are dependent on weather conditions.
-All programs will be held in the Music Room,
unless specified otherwise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Welcome August Tea Social 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 MOVIE MATINEE & DRINKS 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Strawberry Smoothies on 2F Patio 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Meet & Greet with Keisha introduce Scarborough Centrefor Healthy Communities toTerrace Residents 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary/Destination China - Fantastic Wildlife of Yunnan 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Samira Yeo 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Travelogue to Trinidad and Tobago 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Welcome New Residents /Social 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Francis De Mello 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Crafts Club/ Making Bracelets 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Timeless Melodies/ Sing Along Songs from Movies and Icecream 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 10:30 BUS TRIP to BLUFFER'S PARK 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Outdoor Patio & Music 6:00 Evenina Hvmn Singina	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary/Rick Steves' Europe/Germany's Black Forest and Cologne 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Madeleine Kennedy 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 MOVIE MATINEE & DRINKS 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Art Club 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Amber Hardy 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Travelogue to Sojourn in Sweden 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Outdoor Patio & Music 6:00 Evening Hymn Singing	 				