





July 2026

Shepherd Village Lodge

Jason
 Recreation Assistant
 416 609 5700 ext 258
 All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><u>Locations Legend</u></p> <p>Piano Lounge (PL) Activity Den North (ADN) Varied (VARI) Courtyard (COUR) TV Lounge South (TLS) Community Hall (CH) 6th Floor (6TH)</p> <p>Main Floor (MF) North Den (ND) Nursing Station North (NSN) Resident's room (RSR) 2nd Floor (2ND) Community hall (COMM) 7th Floor (7FLR)</p>	<p>10:30 Canada Day concert (COMM) 1</p> 	<p>11:00 Petting zoo (COUR) 2 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)</p>	<p>2:00 Shuffleboard Game RHA 7 (ND) 3 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA4th. (PL)</p>	<p>10:00 Mindful Music (PL) 4 10:00 Morning Exercise (PL) 11:00 Crossword puzzles (ADN) 3:00 Saturday concert (PL) 3:30 Beautiful Destinations (PL)</p>	
<p>9:30 Mindful Music (PL) 5 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Tover Time (PL) 3:45 Jeopardy (PL)</p>	<p>10:00 Cubii Exercise 7RHA (PL) 6 10:00 Morning Exercise (PL) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Obie (PL) 4:30 Tim Janis Reflections (PL)</p>	<p>1:15 Men's Fellowship (ADN) 7 2:00 Food Committee Meeting (ADN) 2:00 Bell Choir - RHA 7 (PL) 3:30 Physio Exercise Group (PL)</p>	<p>10:00 Golden Pen Writers (ADN) 8 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 2:00 Outdoor concert (COUR) 3:30 Physio Exercise (PL) 6:00 Hymns & Bible Reading With 7RHA (PL)</p>	<p>10:30 Audible Bible (CH) 9 2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)</p>	<p>2:00 Outdoor Concert (COUR) 10 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>10:00 1-1 Friendly, Caregiver & Family visits (VARI) 11 11:00 Cubii Fitness with Visual Imagery (PL) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)</p>
<p>9:00 Gospel Music Listing (NSN) 12 10:00 1-1 Friendly, Caregiver & Family visits (VARI) 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 3:30 Gaither Gospel Concert (TLS)</p>	<p>9:30 Self-Directed Activities (VARI) 13 10:00 Obie (PL) 11:00 Word Games (PL) 2:30 Puzzle Quest (PL) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL)</p>	<p>10:00 Cubii Fitness with Visual Imagery (PL) 14 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 2:00 Resident's Council - 7th. Floor (PL) 3:00 Abby Enrichment Program (RSR) 3:30 Physio Exercise Group (PL)</p>	<p>10:30 Outdoor Concert (COUR) 15 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 3:00 Rythm Band (ADN) 3:30 Physio Exercise (PL)</p>	<p>10:30 Balloon Game (PL) 16 2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)</p>	<p>2:00 Outdoor Concert (COUR) 17 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>10:00 Mindful Music (PL) 18 10:00 Cover The Dot (PL) 11:00 Exercise Trivia (ADN) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL)</p>
<p>9:30 Mindful Music (PL) 19 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Tover Time (PL) 3:45 Jeopardy (PL)</p>	<p>10:00 Cubii Exercise 7RHA (PL) 20 10:00 Morning Exercise (PL) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Obie (PL) 4:30 Tim Janis Reflections (PL)</p>	<p>10:00 Cubii Fitness with Visual Imagery (PL) 21 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 3:30 Physio Exercise Group (PL)</p>	<p>10:00 Golden Pen Writers (ADN) 22 11:15 Fun and Fit - Zumba (CH) 12:30 Self Directed Activities (VARI) 12:30 Fun and Fit (COUR) 3:30 Physio Exercise (PL) 6:00 Sound Therapy RHA 2 (2ND)</p>	<p>10:30 Balloon Game (PL) 23 2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)</p>	<p>2:00 Outdoor concert (PL) 24 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>10:00 1-1 Friendly, Caregiver & Family visits (VARI) 25 11:00 Cubii Fitness with Visual Imagery (PL) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)</p>
<p>9:00 Gospel Music Listing (NSN) 26 10:00 1-1 Friendly, Caregiver & Family visits (VARI) 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 2:00 Strolling Musician RHA7 (7FLR) 3:30 Gaither Gospel Concert (TLS)</p>	<p>9:30 Self-Directed Activities (VARI) 27 10:00 Morning Exercise (PL) 11:00 Word Games (PL) 2:30 Puzzle Quest (PL) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL)</p>	<p>10:00 Cubii Fitness with Visual Imagery (PL) 28 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 2:00 Mahjong Club (PL) 3:00 Abby Enrichment Program (RSR) 3:30 Physio Exercise Group (PL)</p>	<p>10:00 Golden Pen Writers (ADN) 29 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 3:00 Rythm Band (ADN) 3:30 Physio Exercise (PL) 6:00 Sound Therapy RHA 2 (2ND)</p>	<p>10:30 Pawsitivity Pet (PL) 30 2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)</p>	<p>2:00 Outdoor Concert (ND) 31 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	