


330 Dundurn St S 905-529-3163

Activity Director-Barb Bayliss ext 153 barb@aberdeengardens.com


More on reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Blue- entertainment, red -special events, Pink- outings</b></p> <p><b>ML location -main lounge</b> <b>3F 3rd floor lounge</b> <b>MR meeting room</b> <b>All others will be in the lower level</b></p> <p><b>Shuttle van available by Appt. Tues, Thurs, and 1st and 3rd Fri.</b></p>		<p><b>SUPPORT THE</b></p>  <p><b>HEART &amp; STROKE FOUNDATION OF CANADA</b></p> <p><i>Finding answers. For life.</i></p> <p><b>Purchase a heart for a minimum donation of \$2</b></p> <p><b>Happy heart month!</b></p>			<p><b>1</b></p> <p>9:30 Hairdresser 9:30 Rummy <b>3F</b> 10:15 Exercises 10:45 Scrabble 11:00 Walking group 10:45 Lets Stretch <b>ML</b> 2:00 McMaster craft Class 2:00 Pool Sharks 3:30 Knit and chatter 6:30 Family Feud <b>ML</b></p>	<p><b>2</b></p> <p>10:30 Cranium crunch- at the front desk 1:00 UNO <b>ML</b> <b>2:00 Allan Allcorn ML</b> 3:00 Bingo 3:30 Dog visit-Fizzy <b>ML</b> 5:30 <b>Gareth on piano</b> 6:30 Movie: <i>Ground Hog Day</i> with popcorn</p>
<b>Superbowl 3</b>	<b>4</b>	<b>Chinese New Year 5</b>	<b>6</b>	<b>Foot Nurse 7</b>	<b>8</b>	<b>9</b>
<p>10:00 Hymn sing <b>10:30 Relaxation and movement with Naomi</b> 1:45 Golf Putting 2:30 Sunday Social <b>ML</b> 3:00 Therapy dog visit-Mousse 3:30 Worship Time with Mary 6:30 Superbowl game</p>	<p>10:15 Exercises 10:30 Balloon tennis <b>11:00 Town Hall Meeting</b> 11:00 Walking group 1:00 Crossword and Word search club 1:30 Lets Stretch <b>ML</b> <b>2:30 Tea Tasting Ceremony sign up required</b> 6:30 Movie- <i>I am Bolt</i></p>	<p>10-2 Traditions Alive 9:45 Better Balance <b>10:00 Memory Café</b> 10:30 Anglican Service 10:30 Walking group 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise <b>2:00 Limeridge Mall</b> 2:00 Chinese Checkers<b>ML</b> 2:30 JAVA club 6:30 Movie -<i>The Red Tent Part 1</i></p>	<p>9:30 Hairdresser 10:15 Yoga exercises 11:00 Walking group 1:30 Ball Benefits class <b>ML</b> 2:00 Jackpot Bingo 3:30 Dominos <b>ML</b> <b>5:30 Henry on piano</b> 6:30 Movie-<i>Queen of Katwe</i></p>	<p>8:30 Fewer Falls 10:30 Walking group 10:30 Greeting Card Making 10:30 Xbox bowling 10:45 50s Musical Memories <b>ML</b> <b>11:30 Lunch Critics -Innsville</b> 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:30 Fit Minds <b>ML</b> 2:30 A.S.S.U.R.E group <b>MR</b> <b>3:30 Kent's Singalong ML</b> 6:30 Movie- <i>Race</i></p>	<p>9:30 Hairdresser 9:30 Rummy <b>3F</b> 10:15 Exercises 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch <b>ML</b> 2:00 Pool Sharks <b>2:30 "Three Weeks in China" Travelogue</b> 3:30 Knit and chatter 6:30 Name That Tune</p>	<p>10:30 Cranium Crunch- at the front desk 10:30 Movie-<i>The Red Tent part 2</i> 1:00 UNO <b>ML</b> <b>2:00 John Cauwenbergs ML</b> 3:00 Bingo 6:30 <i>Hidden Figures</i> With popcorn</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>Valentine's Day 14</b>	<b>15</b>	<b>16</b>
<p>10:00 Hymn sing 1:45 Golf Putting 2:30 Sunday social <b>ML</b> 3:00 Therapy dog visit-Mousse 3:30 Worship Time with Mary 6:30 Movie -Clint Eastwood - <i>Million Dollar Baby</i></p>	<p>10:15 Exercises 10:30 Balloon Tennis 11:00 Bookmobile 11:00 Walking group 1:00 Crossword and Word search club 1:30 Lets Stretch <b>ML</b> 2:00 Bingo 3:30 UNO <b>ML</b> 6:30 Movie- <i>Love Me or Leave me</i></p>	<p>9:45 Better Balance <b>10:00 Memory Café</b> 10:30 Catholic Mass 10:30 Walking group 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise <b>2:00 Dollarama</b> 2:30 Sweetheart Pony Races 6:30 Chloe &amp; Alannah time <b>6:30 Andre Rieu Valentines Concert</b></p>	<p>9:30 Hairdresser 10:15 Yoga exercises <b>10:45 Food for Thought</b> 11:00 Walking group 1:30 Ball Benefits class <b>ML</b> 2:00 Jackpot Bingo <b>5:30 Henry on piano</b> <b>6:30 Andrea Bocelli Love In Portofino Concert</b></p>	<p>8:30 Fewer Falls <b>10:00 Westcliffe Mall</b> 10:30 Xbox bowling 10:45 Norma's Crafts 10:30 Walking group 11:00 <b>Health Talk "Heart Attack and Stroke"</b> 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises <b>2:00 Scenic Drive</b> <b>2:30 Valentine's Party</b> <b>3:30 Kent's Singalong ML</b> <b>6:30 Andre Rieu Concert</b></p>	<p>9:30 Hairdresser 9:30 Rummy <b>3F</b> 10:15 Exercises 10:45 Scrabble 11:00 Walking group <b>12:00 New Resident lunch</b> 1:30 Lets Stretch <b>ML</b> 2:00 McMaster Craft Class 2:00 Pool Sharks 3:30 Knit and chatter 6:30 Karaoke "Love Songs"</p>	<p><b>10:30 Join the new choir MR</b> 11:30 Cranium crunch- at the front desk 1:00 UNO <b>ML</b> <b>2:00 Devon Moody ML</b> 3:00 Bingo 3:30 Dog visit-Fizzy 6:30 <i>Love Comes Softly Episode 1</i> With popcorn</p>

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[More on reverse >](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>Foot Nurse 21</b>	<b>22</b>	<b>23</b>
10:00 Hymn sing <b>10:30 Relaxation and movement with Naomi</b> 1:45 Golf Putting 2:30 Sunday social <b>ML</b> 3:00 Therapy dog visit- Mousse <b>ML</b> 3:30 Worship Time with Mary 6:30 Movie- Clint Eastwood <i>Unforgiven</i>	 10:00 Movie: <i>Mrs Doubtfire</i> 2:30 Franco Cannizzaro 6:30 Movie: <i>Cheaper By the Dozen</i>	9:45 Better Balance <b>10:00 Memory Café</b> 10:30 Rosary 10:30 Walking group <b>10:45 Food Matters – chocolate</b> 11:30 Heat Therapy 1:00 Heat Therapy 1:45 Bicycle exercises <b>2:00 Exercise</b> <b>2:30 Flamboro Casino</b> 2:30 JAVA club 6:30 Table Games	9:30 Hairdresser 10:15 Yoga exercises 10:30 One Day Storytelling 11:00 Walking group 1:30 Ball Benefits class 2:00 Jackpot Bingo <b>3:30 Laura's Classics ML</b> <b>5:30 Henry on Piano</b> 6:30 Movie-Ladies Choice	8:30 Fewer Falls <b>10:00 Walmart</b> 10:30 Walking group 10:30 Xbox bowling 10:45 Table Games 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:30 Fit Minds 2:30 A.S.S.U.R.E group <b>MR</b> <b>2:00 Scenic Drive</b> <b>3:30 Kent's Singalong ML</b> 6:30 Movie-Men's choice	9:30 Hairdresser 9:30 Rummy <b>3F</b> 10:15 Exercises 10:45 Scrabble 11:00 Walking group <b>11:30 Men's lunch/club</b> 1:30 Lets Stretch <b>ML</b> 1:30 Pool Sharks 3:30 Knit and Chatter 6:30 Keeping up with the Times	<b>10:30 Join the new choir MR</b> 11:30 Cranium crunch– at the front desk 1:00 UNO <b>ML</b> 3:00 Bingo 3:30 Dog visit-Fizzy <b>ML</b> 6:30 <i>Loves comes Softly episode 2</i> With popcorn
<b>24</b>	<b>25</b>	<b>Chiropodist 26</b>	<b>27</b>	<b>28</b>	<b>Blue- entertainment, red -special events, Pink- outings</b>  <b>ML location -main lounge</b> <b>MR meeting room</b> <b>3F 3rd floor lounge</b> <b>All others will be in the lower level</b>  <b>Shuttle van available by Appt. Tues, Thurs, and 1st and 3rd Fri.</b>	
10:00 Hymn sing 1:45 Golf Putting <b>2:00 Salvation Army Choir</b> 2:30 Sunday social <b>ML</b> 3:00 Therapy dog visit- Mousse <b>ML</b> 3:30 Worship Time with Mary 6:30 Movie - Clint Eastwood <i>in Sully</i>	10:15 Exercises 10:30 Balloon Tennis 11:00 Bookmobile 11:00 Walking group 1:00 Crossword and Word search club 1:30 Lets Stretch <b>ML</b> 2:00 Bingo 3:30 UNO 6:30 Movie-Men's choice	<b>9:30 Age-On iPad training</b> 9:45 Better Balance <b>10:00 Memory Café</b> 10:30 Rosary 10:30 Walking group 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise <b>2:30 Monthly Birthday Party With Paula French</b> 6:30 Chloe & Alannah time	9:30 Hairdresser 10:15 Yoga exercises 11:00 Walking group 1:30 Ball Benefits class <b>2:00 Lyongate Show&amp;Tell</b> <b>3:00 Jackpot Bingo</b> <b>5:30 Henry on Piano</b> 6:30 Movie-Ladies choice	8:30 Fewer Falls <b>10:00 Giant Tiger</b> 10:30 Walking group 10:30 Xbox bowling 10:30 Fit Minds <b>ML</b> 10:30 A.S.S.U.R.E Group <b>MR</b> 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises <b>2:00 Fun Chorus</b> <b>2:00 Scenic Drive</b> <b>3:30 Kent's Singalong ML</b> 6:30 Movie-Men's choice		

"The one thing we can never get enough of is love.  
And the one thing we never give enough is love."

~ Henry Miller

