


Activity Calendar May 2019



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>Blue- entertainment, red -special events, Pink- outings-sign up required</p> <p>ML location -main lounge 3F 3rd floor lounge MR meeting room All others will be in the lower level</p> <p>Shuttle van available by Appt. Tues, Thurs, and 1st and 3rd Fri.</p>			<p>1</p> <p>9:30 Hairdresser 10:15 Yoga exercises 10:45 Java Music Club MR 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Music/Movement ML 3:30 Dominos ML 5:30 Henry on piano 6:30 Movie-ladies choice</p>	<p>2</p> <p>8:30 Fewer Falls 10:00 Dollarama 10:30 Walking group 10:30 Xbox bowling 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic drive 2:30 Fit Minds ML 3:30 Kent's Singalong ML 6:30 Therapy dog visit Mousse</p>	<p>3</p> <p>9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:30 Philharmonic Orchestra noon hour concert and lunch 10:45 Scrabble 11:00 Walking group 11:00 Assure group MR 1:30 Lets Stretch ML 2:00 Pool Sharks 2:00 Tic Tac Throw 3:30 Knit and chatter 6:30 Sing a long Karaoke</p>	<p>4</p> <p>10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Franco Cannizzaro 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls <i>Season 2 Ep 1&2</i></p>
<p>5</p> <p>10:00 Hymn sing 10:30 Xbox bowling 10:30 Relaxation and movement with Naomi 1:45 Golf Putting 2:00 Cinco de Mayo with Rachel 2:30 Sunday Social ML 3:00 Even Odd Card Game ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies <i>Gambit</i></p>	<p>6</p> <p>10:15 Exercises 11:00 Bookmobile 11:00 Walking group 1:00 Crossword and Word search club 1:30 Lets Stretch ML 2:00 Bingo 3:30 UNO ML 5:00 Vanessa on piano 6:30 Movie- <i>Steel Magnolias</i></p>	<p>7</p> <p>9:45 Better Balance 10:00 Memory Café 10:30 Walking group 10:30 Anglican Service 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Westcliffe Mall 2:30 Stories by Tom Hanks 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time</p>	<p>8</p> <p>9:30 Hairdresser 10:15 Yoga exercises 10:45 FOOD Town Hall meeting 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Jackpot Bingo 5:30 Henry on piano 6:30 Movie-<i>Guilt trip</i></p>	<p>9</p> <p>8:30 Fewer Falls 10:00 Fallsview Casino 10:30 Xbox bowling 10:30 Norma's Crafts 10:30 Walking group 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:30 Fit Minds ML 3:30 Kent's Singalong ML 6:30 Therapy dog visit Mousse</p>	<p>10</p> <p>9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 11:00 Assure group MR 1:30 Lets Stretch ML 2:30 Ladies' Tea and Pie Party Tricia Cole 6:30 Chase the Ace Game</p>	<p>11</p> <p>10:00 Movie: <i>Mother</i> 10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 John Cauwenbergs ML 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls <i>Season 2 Ep 3&4</i></p>
<p>Mother's Day 12</p> <p>10:00 Hymn sing 10:30 Xbox bowling 1:45 Golf Putting 2:30 Sunday social ML 3:00 Bruce Tournay ML 6:30 Movie- <i>Post Cards From The Edge</i></p> 	<p>13</p> <p>10:15 Exercises 11:00 Town Hall Meeting 10:30 Walking group 11:00 Crossword and Word search club 1:30 Lets Stretch ML 2:00 Bingo 3:30 UNO ML 5:00 Vanessa on piano 6:30 Movie- <i>Men's choice</i></p>	<p>14</p> <p>9:30 YMCA Musical Lunch 9:45 Better Balance 10:30 Walking group 10:30 Catholic Mass 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Limeridge Mall 2:30 Coffee with Erma 3:30 Music of the 40's 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time</p>	<p>15</p> <p>9:30 Hairdresser 10:15 Yoga exercises 10:45 Java Music Club MR 11:00 Walking group 1:30 Ball Benefits class ML 3:30 Laura's Classics 5:30 Henry on Piano 6:30 Movie- <i>Away from Her</i></p>	<p>16</p> <p>8:30 Fewer Falls 10-2 EZ fit Shoe vendor 10:30 Greeting Card Making 10:30 Walking group 11:00 Lunch Critics - Burger Barn 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic drive 2:30 Fit Minds ML 3:30 Kent's Singalong ML 6:30 Therapy dog visit Mousse</p>	<p>17</p> <p>9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:30 Darcy Mitchison noon hour concert and lunch 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 2:00 Pool Sharks 2:00 Tic Tac Throw 3:30 Activity Planning meeting 6:30 Trivia Challenge</p>	<p>18</p> <p>10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Kim Atkins 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Song Group from 7th Day Adventist Church 8:00 Golden Girls</p>


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[More on reverse >](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	Victoria Day 20	21	22	23	24	25
10:00 Hymn sing 10:30 Xbox bowling 1:45 Golf Putting 2:30 Sunday social ML 3:00 Even Odd Card Game ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies <i>Endgame</i>	10:00 Movie: <i>Victoria and Abdul</i> 2:30 Heritage speaker Robin McKee "Queen Victoria" 3:30 UNO ML 5:00 Vanessa on piano 6:30 Movie- <i>The Young Victoria</i> 	9:30 YMCA Musical Lunch 9:45 Better Balance 10:30 Rosary 10:30 Walking group 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Walmart 2:30 Andre Rue "The Flying Dutchman" Concert 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time	9:30 Hairdresser 10:15 Yoga exercises 11:00 National Pharmacy talk "Osteoporosis" 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Jackpot Bingo 3:30 Dominos ML 5:30 Henry on Piano 6:30 Movie- <i>The Last Time I Saw Paris</i>	8:30 Fewer Falls 10:00 Giant Tiger 10:30 Walking group 10:30 Xbox bowling 10:45 People Worth Knowing 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:00 Fun Chorus 3:30 Kent's Singalong ML 6:30 Therapy dog visit-Mousse	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 11:00 Assure group MR 12:00 New Resident lunch 2:00 Pool Sharks 1:30 Lets Stretch ML 3:30 Knit and Chatter 6:30 Sing a long Karaoke	10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Krishanthi ML 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls <i>Season 2 Ep 7&8</i>
26	27	Chiroprapist 28	29	30	31	
10:00 Hymn sing 10:30 Relaxation and movement with Naomi 2:00 Jeff Gurney 2:30 Sunday social ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies <i>After Moscow</i>	10:15 Exercises 11:00 Walking group 1:00 Crossword and Word search club 1:30 Lets Stretch ML 2:00 Bingo 3:30 UNO ML 5:00 Vanessa on piano 6:30 Movie- Men's choice	9:30 YMCA Musical Lunch 9:45 Better Balance 10:30 Rosary 10:30 Walking group 10:45 Food Matters-strawberries 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:30 Monthly Birthday Party With Paula French 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time	9:30 Hairdresser 10:15 Yoga exercises 10:45 Java Music Club MR 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Lyonsgate Show&tell ML 3:00 Jackpot bingo 3:30 Dominos ML 5:30 Henry on piano 6:30 Movie-ladies choice	8:30 Fewer Falls 10:30 You be the Judge 10:30 Walking group 10:45 Xbox bowling 11:30 Trip to ASAC 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:30 Fit Minds ML 3:30 Kent's Singalong ML 6:30 Therapy dog visit-Mousse	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 11:00 Assure group MR 2:00 Men's club-horseshoes 1:30 Lets Stretch ML 3:30 Knit and Chatter 6:30 Keeping up with the Times	

Blue- entertainment,
red -special events,
Pink- outings-sign up required

ML location -main lounge
3F 3rd floor lounge
MR meeting room
 All others will be in the lower level

Shuttle van available by Appt. Tues, Thurs, and 1st and 3rd Fri.

