



Activity Calendar June 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>June is seniors month so get involved, get active and most of all improve your health. Everyone will be receiving a Passport to Health to keep track of all the physical activities they participate in for the month of June. Just ask Barb, Andrew or Martina to stamp your book when you participate in activities such as exercise classes, walking group, Xbox bowling, pool, gardening, dancing etc. The most stamps will win a prize at the Senior Achievement ceremony June 28th.</p>			<p>1</p> <p>10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 John Sadowski 2:00 ML 3:00 Pretty Polish ML 3:30 Bingo 6:30 Dog visit-Fizzy ML Golden Girls Season 3 Ep 1&2</p>
2	3	4	World Environment Day 5	75th Anniversary of D-Day 6	7	Wreath and basket sale 8
<p>10:00 Hymn sing 10:30 Relaxation and movement with Naomi 1:45 Golf Putting 2:30 Sunday Social ML 3:00 NEW! Sit & Dance ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies—<i>The Trust</i></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- Men's Choice</p>	<p>9:45 Better Balance 9:30 YWCA Musical Lunch 10:30 Walking group 10:30 Anglican Service 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:00 Walmart 2:30 Left /Right & Center 3:15 Ice Cream Truck 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time</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 Movie: Inside the Garbage of the World 5:30 Henry on piano 6:30 Movie-Ladies Choice</p>	<p>Foot Dr. Paul 8:30 Fewer Falls 10-12 VON caregiver series MR 10:15 Glendale play 10:30 Xbox bowling 10:30 Greeting Card Making 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 7:00 Movie: <i>D-Day-The Price of Freedom</i></p>	<p>9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:30 Trip to St Joseph's Villa hot pool 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 2:30 Men's club -Pool tournament 6:30 Sing a long Karaoke</p>	<p>10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls Season 3 Ep 3&4</p>
9	10	11	12	Traditions Alive 13	14	15
<p>10:00 Hymn sing 1:45 Golf Putting 2:00 Jeff Gurney 2:30 Sunday Social ML 3:00 Sit & Dance ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies—<i>The Last Journey</i></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>Mission Impossible "Fallout"</i></p>	<p>9:30 YWCA 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 3:15 Ice Cream Truck 6:30 Chloe & Alannah time</p>	<p>9:30 Hairdresser 10:15 Yoga exercises 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Bingo 3:30 Dominos 5:30 Henry on Piano 6:30 Movie- <i>Die Hard</i></p>	<p>8:30 Fewer Falls 10-12 VON caregiver series MR 10:00 Warplane Museum 10:30 Norma's Crafts 10:30 Xbox bowling 10:30 Walking group 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 7:00 Movie-<i>Indiana Jones</i></p>	<p>9:30 Hairdresser 9:30 Rummy 3F 9:30 Walker Clinic 10:15 Exercises 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 2:30 Dads and Donuts party with Tricia Cole 6:30 Trivia Challenge</p>	<p>10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Pretty Polish ML 2:30 Canada Day Door décor craft 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Movie- <i>The Fast and The Furious</i></p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Father's Day 16	17	18	19	Scarves for U Sale 20	21	22
10:00 Hymn sing 10:30 Relaxation and movement with Naomi 1:45 Golf Putting 2:30 Sunday Social ML 3:00 Allan Allcorn 3:30 Worship Time with Mary 6:30 Movie- <i>Mrs Doubtfire</i> 	10:15 Exercises 10:30 Patio Party with Preschoolers 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>Good Will Hunting</i>	9:30 YWCA 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 3:15 Ice Cream Truck 3:30 Laura's Classics 4:30 Akiko on Flute ML 6:30 Chloe & Alannah time 7:00 NJADS Dance group	9:30 Hairdresser 10:15 Yoga exercises 10:45 New! Let's Talk ML 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Lyongate Show&tell ML 3:00 Jackpot Bingo 3:30 Dominos ML 5:30 Henry on Piano 6:30 Movie- <i>Good Morning Vietnam</i>	Foot Dr. Paul 8:30 Fewer Falls 10-12 VON caregiver series MR 10:30 Walking group 10:30 Xbox bowling 10:45 People Worth Knowing 11:30 Lunch Critics- Red Lobster 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:30 Scenic Drive 6:30 Therapy dog visit-Mousse 6:30 Movie- <i>Patch Adams</i> 7:00 Garden Club MR	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 12:00 New Resident lunch 1:30 Lets Stretch ML 2:00 Heritage speaker "Around and About" 3:30 Knit and Chatter 6:45 Sing a long Karaoke	10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Franco Cannizzaro ML 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls Season 3 Ep 5&6
23	24	Foot Dr. Jason	26	27	28	29
10:00 Hymn sing 2:00 Salvation Army Choir 2:30 Sunday social ML 3:30 Worship Time with Mary 6:30 Movie- Reilly Ace of Spies - <i>Shutdown</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 YWCA Musical Lunch 9:45 Better Balance 10:30 Rosary 10:30 Walking group 10:45 Food Matters-Summer Drinks 11:30 Heat Therapy 1:00 Bicycle exercises 1:45 Exercise 2:30 Monthly Birthday Party With Paula French 6:30 Chloe & Alannah time	9:30 Hairdresser 10:15 Yoga exercises 10:45 Let's Talk ML 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-ladies choice	8:30 Fewer Falls 10-12 VON caregiver series MR 10:00 Dollartree 10:30 Musical Bingo 10:30 Walking group 11:30 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 Fit Minds ML 6:30 Therapy dog visit-Mousse	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 2:30 Power of the Pen- Handwriting analysis 6:45 Senior Achievement Awards Ceremony	10:30 Cranium crunch-at the front desk 1:00 UNO ML 2:00 Tom Cowles ML 2:00 Pretty Polish ML 3:00 Bingo 3:30 Dog visit-Fizzy ML 6:30 Golden Girls Season 2 Ep 7&8

30

10:00 Hymn sing
 2:30 Canada Day Sunday social **ML**
 3:30 Worship Time with Mary
 6:30 Movie- Reilly Ace of Spies—*Life Of Reilly*

hello june...



"Spring being a tough act to follow, God created June." ~ Al Bernstein

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.