



Activity Calendar SAMPLE

330 Dundurn St S 905-529-3163

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

[More on reverse >](#)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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.

Buy some 50/50 tickets for a chance to win

While supporting the:



**HEART &
STROKE
FOUNDATION
OF CANADA**

Finding answers. For life.

1
10:30 Cranium crunch-at
the front desk
10:30 Dominos **ML**
2:00 **Allan Allcorn ML**
3:00 Bingo
6:45 Netflix-Miss Fisher's
Murder Mysteries

2

50/50 ticket sale > 3

Traditions Alive Sale 4

5

Foot Dr. Paul 6

Shuttle van 7

8

10:30 Hymn sing
10:30 Relaxation/Movement
with Naomi
1:45 Golf Putting
2:30 Pretty Polish **ML**
2:30 Sunday Social **ML**
3:00 Sit and Dance **ML**
5:00 **Miriam on piano ML**
6:30 **Superbowl 2020**

9:00 Word Puzzle Club
10:15 Exercises
11:00 **Town Hall Meeting**
11:00 Walking group
1:30 Lets Stretch **ML**
2:00 Bingo
2:30 **Vanessa on piano**
3:15 McMaster Craft Class
3:30 UNO **ML**
6:30 Therapy dog –
Mousse **ML**
6:45 Prime–Groundhog Day

9:45 Better Balance
10:00 **Memory Cafe**
10:30 Xbox bowling
10:30 Walking group
10:30 Anglican Service
11:00 Heat Therapy
1:00 Bicycle exercises
1:45 Exercise
2:00 **Walmart**
2:30 Left, Right, Centre
6:30 Chloe & Alannah time
6:45 Movie– Men's choice

9:30 Hairdresser
10:15 Exercises with Radha
10:45 **NEW! Holy Rollers
Bible Study with
Chaplain Joseph**
10:45 **FOOD Town Hall
meeting**
11:00 Walking group
1:30 Ball Benefits class
2:00 Jackpot bingo
3:30 Dominos
6:45 Movie-Roots Saga

9:00 Fewer Falls
10:30 Xbox bowling
10:30 Walking group
10:30 Keeping Current **ML**
11:00 Heat therapy
11:30 **Lunch Critics
Memphis Fire**
1:00 Bicycle exercises
1:45 Exercises
2:00 **Scenic Drive**
2:30 **Healthy Heart Seminar**
3:30 **Kent's Singalong ML**
6:45 Movie– Ladies Choice

9:30 Hairdresser
9:30 Rummy **3F**
10:00 **Giant Tiger**
10:15 Exercises
10:30 Remember When **ML**
10:45 Scrabble
11:00 Walking group
12:00 **New Resident lunch**
1:30 Lets Stretch **ML**
2:30 Fit Minds
3:30 Knit and Chatter
6:45 Name that Celebrity/
Place or Thing
7:45 Movie– Men's choice

10:30 Cranium crunch-at
the front desk
10:30 Dominos **ML**
2:00 **John
Cauwenbergs ML**
3:00 Bingo
6:45 Netflix-Miss Fisher's
Murder Mysteries

9

10

11

Bijoux Boutique sale 12

Free lap blanket draw 13

Valentine's Day 14

15

10:30 Hymn sing
1:45 Golf Putting
2:30 Pretty Polish **ML**
2:30 Sunday Social **ML**
3:00 Sit and Dance **ML**
5:00 **Miriam on piano ML**
6:45 Netflix series-Netflix-
Outlanders

9:00 Word Puzzle Club
10:15 Exercises
11:00 Bookmobile
11:00 Walking group
1:30 Lets Stretch **ML**
2:00 Bingo
2:30 **Vanessa on piano**
3:15 McMaster Craft Class
3:30 UNO
6:30 Therapy dog –
Mousse **ML**
6:45 Prime– Love Actually

9:45 Better Balance
10:00 **Memory Cafe**
10:30 Xbox bowling
10:30 Walking group
10:30 Catholic Mass
11:00 Heat Therapy
1:00 Bicycle exercises
1:45 Exercise
2:00 **Limeridge Mall**
2:30 Left, Right or Centre
4:30 **Akiko on Flute ML**
6:30 Chloe & Alannah time
6:45 Movie- An Affair to
Remember

9:30 Hairdresser
10-2 **Bijoux Boutique ML**
10:15 Exercises with Radha
10:45 Holy Rollers Bible
Study
11:00 Walking group
1:30 Ball Benefits class
ML
2:00 Jackpot bingo
3:30 Dominos
6:45 Movie-Roots Saga

9:00 Fewer Falls
10:00 **Dollartree**
10:30 Norma's Crafts
10:30 Xbox bowling
10:30 Walking group
11:00 Heat therapy
1:00 Bicycle exercises
1:45 Exercises
2:00 **Scenic drive**
2:30 **Red Velvet Social ML**
3:30 **Kent's Singalong ML**
5:00 **Alina on Piano**
6:45 Movie –Bridges of
Madison Country

9:30 Hairdresser
9:30 Rummy **3F**
10:15 Exercises
10:30 Remember When-
Love Stories **ML**
10:45 Scrabble
11:00 Walking group
1:30 Lets Stretch **ML**
2:00 **50/50 Draw**
2:30 **Valentine's party with
Barbershop Chorus**
6:45 Hot Chocolate &
Humor

10:30 Cranium crunch-at
the front desk
10:30 Dominos **ML**
2:00 **Devon Moody ML**
3:00 Bingo
6:45 Netflix-Miss Fisher's
Murder Mysteries




Activity Calendar SAMPLE

330 Dundurn St S 905-529-3163

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

[More on reverse >](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	Foot Dr. Paul 20	Shuttle van 21	22
10:30 Hymn sing 10:30 Relaxation/Movement with Naomi 1:45 Golf Putting 2:30 Pretty Polish ML 2:30 Sunday Social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 Netflix-Outlanders series	10:00 Movie; Meet the Fockers 2:30 Franco Cannizzaro ML 6:45 Movie: Meet the Parents 	9:45 Better Balance 10:00 Memory Cafe 10:30 Rosary 10:30 Walking group 10:30 Xbox bowling 11:00 Heat Therapy 1:00 Bicycle exercises 2:00 Flamboro Casino 1:45 Exercise 2:30 Musical Bingo 3:30 LRC 6:30 Chloe & Alannah time 6:45 Prime-Ordinary People	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Holy Rollers Bible Study 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Jackpot bingo 3:30 Classics with Laura ML 3:30 Dominos ML 6:45 Movie-Roots Saga	9:00 Fewer Falls 10:00 Westcliffe Mall 10:30 Walking group 10:30 Xbox bowling 10:30 Greeting card making 11:00 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 Fit Minds ML 3:30 Kent's Singalong ML 6:45 Movie- Cheaper by the Dozen 7:00 Kirkendall Garden Club MR	9:30 Hairdresser 9:30 Rummy 3F 10:00 Shoppers Drug Mart 10:15 Exercises 10:45 Scrabble 10:45 Food Matters Winter Vegetables 11:00 Walking group 1:30 Lets Stretch ML 1:30 Grand-pals program 3:30 Knit and Chatter 3:30 Conversation Jenga 6:45 X Box Fun	10:30 Cranium crunch-at the front desk 10:30 Dominos ML 2:00 Krishanthi ML 3:00 Bingo 6:45 Netflix-Miss Fisher's Murder Mysteries
23	24	25	Foot Dr. Jason 26	27	28	29
10:30 Hymn sing 1:45 Golf Putting 2:00 Jeff Gurney ML 2:30 Pretty Polish ML 2:30 Sunday social ML 3:00 Sit and Dance ML 5:00 Miriam on piano ML 6:45 Netflix-Outlanders series	9:00 Word Puzzle Club 10:15 Exercises 11:00 Bookmobile 11:00 Walking group 1:30 Lets Stretch ML 2:00 Bingo 2:30 Vanessa on piano 3:15 McMaster Craft Class 3:30 UNO ML 6:30 Therapy dog -Mousse ML 6:45 Movie- Music and Lyrics	9:45 Better Balance 10:00 Memory Cafe 10:30 Xbox bowling 10:30 Walking group 10:30 Rosary 11:00 Heat Therapy 1:00 Bicycle exercise 1:45 Exercise 2:30 Monthly Birthday Party 6:30 Chloe & Alannah time 6:45 Movie- Love me or Leave Me	9:30 Hairdresser 10:15 Exercises with Radha 10:45 Holy Rollers Bible Study 10:30 Reading Buddies 11:00 Walking group 1:30 Ball Benefits class ML 2:00 Lyonsgate Show & Tell ML 3:00 Jackpot bingo 6:45 Movie-Roots Saga	9:00 Fewer Falls 10:00 Walmart 10:30 Walking group 10:30 Guest speaker Evelyn Myrie 11:00 Heat therapy 1:00 Bicycle exercises 1:45 Exercises 2:00 Scenic Drive 2:30 Fun Chorus 3:30 Kent's Singalong ML 5:00 Alina on Piano 6:45 Movie- Leap Year	9:30 Hairdresser 9:30 Rummy 3F 10:15 Exercises 10:45 Scrabble 11:00 Walking group 1:30 Lets Stretch ML 1:30 Musical Bingo ML 2:30 Fit Minds 3:30 Knit and chatter 6:45 Karaoke Sing a long	10:30 Cranium crunch-at the front desk 10:30 Dominos ML 2:00 Bingo 6:45 Netflix-Miss Fisher's Murder Mysteries

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.

