

Blue- Entertainment


Orange- Activity Room (AR)

Pink- Exercise Room (ER)

Green- Main Lounge (ML)

Red- Outings (Sign up Required)

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Hairdresser 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting Group (AR) 2:15 Sing Along (AR) 3:00 Loonie Bingo (AR) 7:00 Movie (AR)	9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 2:00 Euchre (3rd Floor) 2:30 Netflix Series (AR) 7:00 Movie (AR)
3	4 National Taco Day	5	6	7 Foot Dr. Jason	8 National Pierogi Day	9
10:30 YouTube: Guided Meditation (AR) 11:00 Knit and Chatter (ML) 2:30 Sunday Spice (ML) 3:00 Krishanthi on Piano (ML) 7:00 Movie (AR)	10:00 Morning Exercise (ER) 10:45 Scrabble (AR) 2:00 Rummy (3rd Floor) 2:30 Game Board Group (AR) 3:00 Movie (AR) 7:00 Movie (AR)	10:00 Morning Exercise (ER) 10:00 Bank Run (Sign Up) 10:30 Xbox Bowling (AR) 2:30 Word Searches and Crosswords (AR) 3:00 Movie (AR) 7:00 Movie (AR)	Hairdresser 10:30 Group Guided Meditation (AR) 11:00 Coloring Craze (AR) 2:30 Concert DVD (AR) 3:30 Movie (AR) 7:00 Movie (AR)	10:00 Morning Exercise (ER) 10:00 Shoppers Drug Mart (Sign Up) 10:30 Xbox Bowling (AR) 2:15 Sing Along (AR) 3:00 Chocolate Bar Bingo (AR) 7:00 Movie (AR)	Hairdresser 10:00 & 2:00 Fall Scenic Drive with Larry (Sign Up) 10:00 Morning Exercise (ER) 2:00 Game Board Group (AR) 3:00 Loonie Bingo (AR) 7:00 Movie (AR)	9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 2:00 Euchre (3rd Floor) 2:30 Netflix Series (AR) 7:00 Movie (AR)
10	11 Thanksgiving	12	13	14	15	16
10:30 YouTube- Non Denominational Worship (AR) : Generosity 11:00 Knit and Chatter (ML) 2:30 Sunday Spice (ML) 3:00 Netflix (AR) 7:00 Movie (AR)	9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 2:00 Rummy (3rd Floor) 4:00 Ticats vs. Argos 7:00 Movie (AR)	10:00 Morning Exercise (ER) 10:00 Walmart (Sign Up) 10:30 Xbox Bowling (AR) 2:30 Happy Hour with Anne Grisdale (AR) 7:00 Movie (AR)	Hairdresser 10:30 Group Guided Meditation (AR) 11:00 Trivia Time (ML) 2:30 Afternoon High Tea & Pastries (AR) 3:30 Arm Chair Travelling (AR) 7:00 Movie (AR)	10:00 Morning Exercise (ER) 10:00 Myers Apple Picking (Sign Up) Cost for Apples 10:30 Xbox Bowling (AR) 2:15 Horse Races (AR) 3:00 Chocolate Bar Bingo (AR) 7:00 Movie (AR)	Hairdresser 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting Group (AR) 2:15 Sing Along (AR) 3:00 Loonie Bingo (AR) 7:00 Movie (AR)	9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 2:00 Euchre (3rd Floor) 2:30 Netflix Series (AR) 7:00 Movie (AR)

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20 International Chef Day	21 International Nacho Day	22	23
<p>10:30 YouTube: Guided Meditation (AR)</p> <p>11:00 Knit and Chatter (ML)</p> <p>2:30 Sunday Spice (ML)</p> <p>3:00 Krishanthi on Piano (ML)</p> <p>7:00 Movie (AR)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:45 Scrabble (AR)</p> <p>2:00 Rummy (3rd Floor)</p> <p>3:00 Game Board Group (AR)</p> <p>7:00 Movie (AR)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:00 Dollarama (Sign Up)</p> <p>10:30 Xbox Bowling (AR)</p> <p>2:30 Happy Hour/Music with Vili (AR)</p> <p>7:00 Movie (AR)</p>	<p>Hairdresser</p> <p>10:30 Group Guided Meditation (AR)</p> <p>11:00 Coloring Craze (AR)</p> <p>2:30 Game Board Group (AR)</p> <p>3:30 Concert DVD (AR)</p> <p>7:00 Movie (AR)</p> <p>Thank Chef Bill for his hard work!</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:00 Food Critics: Swiss Chalet (Sign Up)</p> <p>10:30 Xbox Bowling (AR)</p> <p>2:15 Sing Along (AR)</p> <p>3:00 Loonie Bingo (AR)</p> <p>7:00 Movie (AR)</p>	<p>Hairdresser</p> <p>9:00-4:00 Appointments</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Aberdeen Crafting Group (AR)</p> <p>2:15 Horse Races (AR)</p> <p>3:00 Loonie Bingo (AR)</p> <p>7:00 Movie (AR)</p>	<p>9:00 Cranium Crunches</p> <p>Word Searches</p> <p>Sudoku</p> <p>Coloring Sheets</p> <p>Crosswords</p> <p>(See front desk)</p> <p>2:00 Euchre (3rd Floor)</p> <p>2:30 Netflix Series (AR)</p> <p>7:00 Movie (AR)</p>
24	25	26	27	28	29	30
<p>10:30 YouTube- Non Denominational Worship (AR) : Creativity</p> <p>11:00 Knit and Chatter (ML)</p> <p>2:30 Sunday Spice (ML)</p> <p>3:00 Netflix (AR)</p> <p>7:00 Movie (AR)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:45 Scrabble (AR)</p> <p>2:00 Rummy (3rd Floor)</p> <p>2:30 Whiteboard Hangman (ML)</p> <p>3:00 Weird History (AR)</p> <p>3:30 Word Searches and Crosswords (AR)</p> <p>7:00 Movie (AR)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:00 Giant Tiger (Sign Up)</p> <p>10:30 Xbox Bowling (AR)</p> <p>2:30 Birthday Party/Happy Hour With Paula French</p> <p>7:00 Movie (AR)</p>	<p>Traditions Alive Sale With Anish</p> <p>Hairdresser</p> <p>10:30 Town Hall Meetings</p> <p>1st, 2nd, 3rd Floor In Equipment Room</p> <p>2:30 Afternoon High Tea & Pastries (AR)</p> <p>3:30 Arm Chair Travelling (AR)</p> <p>7:00 Movie (AR)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:00 Fall Garden & Mum Show (Sign Up)</p> <p>10:30 Xbox Bowling (AR)</p> <p>2:15 Horse Races (AR)</p> <p>3:00 Chocolate Bar Bingo (AR)</p> <p>7:00 Movie (AR)</p>	<p>Hairdresser</p> <p>10:00 Lifemark Group Exercise (ER)</p> <p>10:30 Aberdeen Crafting Group (AR)</p> <p>11:30/1:00 Halloween Parade</p> <p>2:15 Sing Along (AR)</p> <p>3:00 Loonie Bingo (AR)</p> <p>7:00 Movie (AR)</p> <p>9:45 Ticats vs. Elks</p>	<p>9:00 Cranium Crunches</p> <p>Word Searches</p> <p>Sudoku</p> <p>Coloring Sheets</p> <p>Crosswords</p> <p>(See front desk)</p> <p>2:00 Euchre (3rd Floor)</p> <p>2:30 Netflix Series (AR)</p> <p>7:00 Movie (AR)</p>

31 Halloween

10:30 YouTube: Guided Meditation (AR)

11:00 Knit and Chatter (ML)

2:30 Sunday Spice (ML)

3:00 Netflix (AR)



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Activity Director– Dana Thompson Ext. 153 / dthompson@aberdeengardens.com

Please note, this calendar does not apply in an outbreak or lockdown situation.
GROUP OUTINGS ARE LIMITED, SIGN UP REQUIRED.

