

Blue– Entertainment

Red– Outings (Sign up Required)

Orange– Activity Room (AR)


Pink– Exercise Room (ER)

Green– Main Lounge (ML)


Purple– Meeting Room (MR)

June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Global Day of Parents Hairdresser Exercise Stepper (See Dana) 10:30 Walking Group (Outside) 11:00 Humor Hour (ML) 2:30 Afternoon High Tea & Pastries (AR) 3:30 Arm Chair Travelling (AR) 7:30 Movie (AR)	2 Foot Dr. Jason 10:00 Walmart (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 1:00-4:00 Elections Day 2:30 Horse Races (AR) 3:00 Chocolate Bar Bingo (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	3 Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 10:30 Crafting Group (AR) 11:00 Chair Bean Bag Toss (ML) 2:30 Sing Along (AR) 3:00 Loonie Bingo (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	4 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:00 Euchre (3rd Floor) 3:00 Paul on Piano (ML) 7:30 Movie (AR)
			5 9:00 Cranium Crunches (See front desk) 10:30 Walking Group (2nd Floor) 11:00 Hymn Sing (YouTube) (AR) 2:30 Sunday Social (ML) 7:30 Movie (AR)	6 Drive In Day 10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 11:00 Food for thought with Chef Bill (AR) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 3:30 Movie at the Drive In (AR) 7:30 Movie (AR)	7 10:00 Giant Tiger (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (AR) 2:30 Caribbean Happy Hour & Music with John Pebble on the Patio 4:30 Netflix (AR) 7:30 Movie (AR)	8 Hairdresser Exercise Stepper (See Dana) 10:30 Walking Group (Outside) 11:00 Trivia Time (ML) 2:00 Guided Meditation (AR) 2:30 Game Board Group (AR) 3:30 Concert DVD (AR) 7:30 Movie (AR)
12 P.B Cookie Day 9:00 Cranium Crunches (See front desk) 10:30 Walking Group (2nd Floor) 11:00 Hymn Sing (YouTube) (AR) 2:30 Sunday Social (ML) 7:30 Movie (AR)	13 Hauser's Clinic Room to Room 10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 10:30 Scrabble (AR) 2:00 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 7:30 Movie (AR)	14 10:00 Dollarama (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 2:30 Happy Hour & Music with Kim Atkins (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	15 Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Outside) 2:30 Afternoon High Tea & Pastries (AR) 3:30 Arm Chair Travelling (AR) 7:30 Movie (AR)	16 10:00 Shoppers Drug Mart (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 2:00 Scenic Drives with Larry (Sign Up) 2:30 Horse Races (AR) 3:00 Chocolate Bar Bingo (AR) 7:30 Movie (AR)	17 Wear Blue Day Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 11:00 Chair Bean Bag Toss (ML) 2:30 Sing Along (AR) 3:00 Loonie Bingo (AR) 7:30 Movie (AR)	18 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:00 Euchre (3rd Floor) 3:00 Krishanthi on Piano (ML) 7:30 Movie (AR)

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Father's Day	20	21 Summer Starts	22	23	24	25
9:00 Cranium Crunches (See front desk) 10:30 Walking Group (Outside) 11:00 Hymn Sing (YouTube) (AR) 2:30 Sunday Social (ML) 7:30 Movie (AR)	10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 11:00 Food for thought with Chef Bill (AR) 2:00 Rummy (3rd Floor) 3:30 Weird History (YouTube) (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	10:00 Picnic @ Dundas Driving Park (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (AR) 2:30 Happy Hour and Music with Tom & Brian (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	Hairdresser Exercise Stepper (See Dana) Help my Hearing Clinic (MR) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Outside) 2:00 Pen Pal Meet and Greet on the Patio 3:30 Concert DVD (AR) 7:30 Movie (AR)	10:00 Westcliffe Mall (Sign Up) 10:30 Walking Group (Outside) 10:30 Xbox Bowling (AR) 2:30 Sing Along (AR) 3:00 Chocolate Bar Bingo (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	Hairdresser Appointments (Sign Up) 10:00 Morning Exercise (ER) 10:30 Walking Group (Outside) 11:00 Jigsaw Puzzles (AR) 2:00 Mens Club & Music with Manvir (AR) 3:00 Loonie Bingo (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:00 Euchre (3rd Floor) 7:30 Movie (AR)
26	27	28	29	30		
9:00 Cranium Crunches (See front desk) 10:30 Walking Group (Outside) 11:00 Hymn Sing (YouTube) (AR) 2:30 Sunday Social (ML) 7:30 Movie (AR)	Hauser's Clinic Room to Room 10:00 Morning Exercise (ER) 10:30 Walking Group (2nd Floor) 10:30 Scrabble (AR) 11:00 Pretty Polish (AR) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 3:30 Weird History (YouTube) (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	10:00-2:00 Traditions Alive Sale with Anish (ML) 10:00 Value Village (Sign Up) 10:30 Walking Group (2nd Floor) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (AR) 2:30 Birthday Party & Happy Hour with Paula French (AR) 4:30 Netflix (AR) 7:30 Movie (AR)	Hairdresser Exercise Stepper (See Dana) Lost and Found (MR) 10:30 Town Hall Meetings (AR) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Outside) 2:00 Guided Meditation (AR) 2:30 Game Board Group (AR) 3:30 Concert DVD (AR) 7:30 Movie (AR)	10:00 Bank Run (Sign Up) 10:30 Walking Group (2nd Floor) 10:30 Xbox Bowling (AR) 11:00 Jigsaw Puzzles (AR) 2:30 Horse Races (AR) 3:00 Chocolate Bar Bingo (AR) 4:30 Netflix (AR) 7:30 Movie (AR)		

ABERDEEN GARDENS 330 Dundurn St. S (905)-529-3163

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.