

Blue- Entertainment

Pink- Exercise Room (ER)

Red- Outings (Sign up Required)

Green- Main Lounge (ML)

Brown- The Lounge


Orange- Activity Room (AR)

Purple- Community Room (CR)

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August is National Peach Month. Let's Get Peachy!	1 Civic Day 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Morning Exercise (ER) 2:00 Rummy (3rd Floor) 7:30 Movie- Mens Choice (TL)	2 10:00 Bank Run (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with James Roberts (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	3 Hairdresser Exercise Stepper (See Dana) 10:30 Catholic Mass with Father Lee (TL) NEW! 10:30 Chair Yoga with Radha (ER) 2:00 Exercise with Dana (ER) NEW! 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix -Mom Series (TL) NEW!	4 10:45 Easterbrooks Hotdogs (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Sudoku (CR) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 4:30 Netflix (TL) 7:30 Movie (TL)	5 Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Crafting Group (CR) 2:30 Horse Races (CR) 3:00 Loonie Bingo (CR) 4:30 Netflix (TL) 7:30 Movie- Ladies Choice (TL)	6 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 (TL)
	7 9:00 Cranium Crunches (See front desk) 10:30 Walking Group 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	8 10:00 Morning Exercise (ER) 10:30 Walking Group 11:00 Pretty Polish (CR) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 3:30 Weird History (YouTube) (TL) 7:30 Movie- Mens Choice (TL)	9 10:00 Dollarama (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with Blue Eyed Bill (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	10 Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group 11:00 Chair Bean Bag Toss (ML) 2:00 Exercise with Dana (ER) NEW! 2:30 Game Board Group (AR) 3:30 Concert- Elvis Presley (TL) 7:30 Netflix -Mom Series (TL) NEW!	11 Foot Dr. Jason 10:00-2:00 EZ Fit Shoe Vendor 10:00 Walmart (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Word Searches (CR) 2:30 Sing Along (TL) 3:00 Chocolate Bar Bingo (CR) 4:30 Netflix (TL) 7:30 Movie (TL)	12 Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Crafting Group (CR) 1:45 Devils Punchbowl (Sign Up) 3:30 Loonie Bingo (CR) 4:30 Netflix (TL) 7:30 Movie- Ladies Choice (TL)
14 Creamsicle Day 9:00 Cranium Crunches (See front desk) 10:30 Walking Group 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	15 Hauser's Clinic 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Scrabble (AR) 11:00 Food for thought with Chef Bill (TL) 2:00 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 3:30 Weird History (YouTube) (TL) 7:30 Movie- Mens Choice (TL)	16 10:00 Flamboro Casino (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with Cameron Woolvett (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	17 Hairdresser Exercise Stepper (See Dana) 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group 2:00 Exercise with Dana (ER) NEW! 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix -Mom Series (TL) NEW!	18 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Crossword Puzzles (CR) 2:00 Scenic Drives with Larry (Sign Up) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 4:30 Netflix (TL) 7:30 Movie (TL)	19 Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Crafting Group (CR) 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 4:30 Netflix (TL) 7:30 Movie- Ladies Choice (TL)	20 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 (TL)

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:00 Cranium Crunches (See front desk) 10:30 Walking Group 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	22 10:00 Morning Exercise (ER) 10:30 Walking Group 11:00 Pretty Polish (CR) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 3:30 Weird History (YouTube) (TL) 4:30 Netflix (TL) 7:30 Movie- Mens Choice (TL)	23 10:00 Giant Tiger (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 2:30 Happy Hour and Music with Kim Atkins (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	24 Peach Pie Day Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group 11:00 Chair Bean Bag Toss (ML) 2:00 Town Hall Meetings (CR) 3:00 Game Board Group (AR) 3:30 Concert DVD (TL) 7:30 Netflix -Mom Series (TL) NEW!	25 10:00 Westcliffe Mall (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Cranium Crunches (CR) 2:30 Sing Along (TL) 3:00 Chocolate Bar Bingo (CR) 4:30 Netflix (TL) 7:30 Movie (TL)	26 Hairdresser 10:00 Morning Exercise (ER) 10:00 Appointments (Sign Up) 10:30 Walking Group 10:30 Crafting Group (CR) 2:00 Peach Festival (AR) 3:00 Loonie Bingo (CR) 4:30 Netflix (TL) 7:30 Movie- Ladies Choice (TL)	27 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 (TL)
28 9:00 Cranium Crunches (See front desk) 10:30 Walking Group 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	29 Hauser's Clinic 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Scrabble (AR) 11:00 Food for thought with Chef Bill (TL) 2:00 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 3:30 Weird History (YouTube) (TL) 4:30 Netflix (TL) 7:30 Movie- Mens Choice (TL)	30 10:00 Dutch Mill (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 2:30 Birthday Party & Happy Hour with Paula French (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	31 Hairdresser Exercise Stepper (See Dana) 9:00-4:00 Lost & Found 10:00 Help My Hearing (CR) 10:30 Chair Yoga with Radha (ER) 2:00 Exercise with Dana (ER) NEW! 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix -Mom Series (TL) NEW!			

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.