

Blue– Entertainment

Red– Outings (Sign up Required)

Orange– Activity Room (AR)

Pink– Exercise Room (ER)


Green– Main Lounge (ML)

Purple– Community Room (CR)

Brown- The Lounge

September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Foot Dr. Jason 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Sudoku (CR) 11:15 Food Critics: Swiss Chalet (Sign Up) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	2 Hairdresser Cranium Crunches at The Front Desk 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Crafting Group (CR) 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL)	3 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:00 Euchre (3rd Floor) 2:30 Anne Grisdale (AR) 7:30 Movie (TL)
				4 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)	5 Labour Day 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 2:00 Rummy (3rd Floor) 7:30 Movie- Mens Choice (TL)	6 Cranium Crunches at The Front Desk 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 John & Sheila (AR) 4:30 Netflix (TL) 7:30 Movie (TL)
11 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)	12 Hauser's Clinic 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:00 Morning Exercise (ER) 10:30 Walking Group 11:00 Pretty Polish (CR) 11:00 Food for Thought with Chef Bill (TL) 2:00 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 7:30 Movie- Mens Choice (TL)	13 Cranium Crunches at The Front Desk 10:00 Giant Tiger (Sign Up) 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with Tom & Brian (AR) 4:30 Netflix (TL) 7:30 Movie (TL)	14 Hairdresser Cranium Crunches at The Front Desk 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix -Mom Series (TL)	15 Cranium Crunches at The Front Desk 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Crossword Puzzles (CR) 2:00 Appointments (Sign Up) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	16 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) 7:30 Movie– Ladies Choice (TL)	17 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:00 Euchre (3rd Floor) 2:30 Pool Party on the Patio 7:30 Movie (TL)

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 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)	19 10:00 Morning Exercise (ER) 10:30 Walking Group 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 3:30 Weird History (YouTube) (TL) 7:30 Movie- Mens Choice (TL)	20 10:00 Walmart (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)	21 Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Catholic Mass with Father Lee (TL) 11:00 Chair Bean Bag Toss (ML) 2:00 Exercise with Dana (ER) 3:00 Game Board Group (AR) 3:30 Concert DVD (TL) 7:30 Netflix -Mom Series (TL)	22 10:00 Westcliffe Mall (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) 7:30 Movie (TL)	23 Hairdresser 10:00 Morning Exercise (ER) 10:00 Scenic Drives with Larry (Sign Up) 10:30 Walking Group 10:30 Crafting Group (CR) 2:00 Horse Races (CR) 3:00 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL)	24 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)
25 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)	26 Family Day Hauser's Clinic 10:00 Morning Exercise (ER) 10:30 Walking Group 11:00 Pretty Polish (CR) 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)	27 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)	28 Hairdresser Exercise Stepper (See Dana) 10:00 Town Hall Meeting (CR) 10:30 Chair Yoga with Radha (ER) 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix -Mom Series (TL)	29 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Crossword Puzzles (CR) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	30 Orange Shirt Day Hairdresser 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 Crafting Group (CR) 2:00 Orange Shirt Day Picture 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL)	

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.