

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

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>On November 6th is Daylight Savings.</p> <p>Set your clocks back one hour.</p>		<p>1 Cinnamon Day</p> <p>10:00 Shoppers Drug Mart (Sign Up)</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>2:30 Happy Hour &amp; Music with Dan Dyer (AR)</p> <p>4:30 Netflix (TL)</p> <p>7:30 Movie (TL)</p>	<p>2</p> <p>Hairdresser</p> <p>10:30 Catholic Mass (TL)</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Walking Group</p> <p>11:00 Chair Bean Bag Toss (ML)</p> <p>2:00 Exercise with Dana (ER)</p> <p>2:30 Game Board Group (AR)</p> <p>7:30 Netflix—The Crown (TL)</p>	<p>3 Foot Dr. Jason</p> <p>10:00 Dollarama (Sign Up)</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Word Searches (CR)</p> <p>2:00 Bank Run (Sign Up)</p> <p>2:30 Sing Along (TL)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>	<p>4</p> <p>Hairdresser</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Crafting Group (CR)</p> <p>11:00 Scrabble (AR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Loonie Bingo (CR)</p> <p>7:30 Movie— Ladies Choice (TL)</p>	<p>5</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>10:00 Uno (3rd Floor)</p> <p>2:00 Euchre (3rd Floor)</p> <p>2:00 Krishanthi on Piano (ML)</p> <p>7:30 Movie (TL)</p>
		<p>6 Daylight Savings</p> <p>9:00 Cranium Crunches (See front desk)</p> <p>10:30 Walking Group</p> <p>11:00 Hymn Sing (YouTube) (TL)</p> <p>2:30 Sunday Social (ML)</p> <p>7:30 Movie (TL)</p>	<p>7</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Walking Group</p> <p>11:00 Food for thought with Chef Bill (TL)</p> <p>11:00 Pretty Polish (CR)</p> <p>2:00 Rummy (3rd Floor)</p> <p>2:30 Word Scrambles (ML)</p> <p>7:30 Movie- Mens Choice (TL)</p>	<p>8</p> <p>10:00 Walmart (Sign Up)</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>2:30 Happy Hour &amp; Music with Tom &amp; Brian (AR)</p> <p>4:30 Netflix (TL)</p> <p>7:30 Movie (TL)</p>	<p>9</p> <p>Hairdresser</p> <p>9:00-3:00 Flu Shot Clinic (AR)</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Walking Group</p> <p>11:00 Cranium Crunches (ML)</p> <p>2:00 Exercise with Dana (ER)</p> <p>2:30 Afternoon High Tea &amp; Pastries (AR)</p> <p>3:30 Arm Chair Travelling (TL)</p> <p>7:30 Netflix—The Crown (TL)</p>	<p>10</p> <p>10:00 Warplane Heritage Museum (Sign Up) \$14.00</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Word Searches (CR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>
<p>13</p> <p>9:00 Cranium Crunches (See front desk)</p> <p>10:30 Walking Group</p> <p>11:00 Hymn Sing (YouTube) (TL)</p> <p>2:30 Sunday Social (ML)</p> <p>7:30 Movie (TL)</p> <p>World Kindness Day</p>	<p>14 Pickle Day</p> <p>10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR)</p> <p>10:30 Dog Visit with Kim &amp; Charlie (ML)</p> <p>10:30 Walking Group</p> <p>2:00 Rummy (3rd Floor)</p> <p>2:30 Whiteboard Hangman (ML)</p> <p>7:30 Movie- Mens Choice (TL)</p>	<p>15</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>11:15 Food Critics: Ye Ole Squire (Sign Up)</p> <p>2:00 Fire Evacuation 3rd Floor</p> <p>2:30 Happy Hour &amp; Music with Robin &amp; Sam (AR)</p> <p>4:30 Netflix (TL)</p> <p>7:30 Movie (TL)</p>	<p>16</p> <p>Hairdresser</p> <p>10:00-2:00 Traditions Alive Sale with Anish (ML)</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Bunny Love with Susan (AR)</p> <p>2:00 Exercise with Dana (ER)</p> <p>2:30 Game Board Group (AR)</p> <p>3:30 Concert— YouTube: Josh Groban (TL)</p> <p>7:30 Netflix –The Crown (TL)</p>	<p>17</p> <p>10:00 Giant Tiger (Sign Up)</p> <p>10:30 Walking Group</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Crossword Puzzles (CR)</p> <p>2:30 Sing Along (TL)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>	<p>18 Apple Cider Day</p> <p>Hairdresser</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Crafting Group (CR)</p> <p>11:00 Scrabble (AR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Loonie Bingo (CR)</p> <p>7:30 Movie— Ladies Choice (TL)</p>	<p>19</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>10:00 Uno (3rd Floor)</p> <p>2:00 Euchre (3rd Floor)</p> <p>2:00 Dave on Piano (ML)</p> <p>7:30 Movie (TL)</p>

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> 9:00 Cranium Crunches (See front desk)  10:30 Walking Group 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 6:00 Grey Cup Game 7:30 Movie (TL)	<b>21</b> 10:00 Morning Exercise (ER) 10:30 Walking Group 11:00 Food for thought with Chef Bill (TL) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 7:30 Movie- Mens Choice (TL)	<b>22</b> 10:00 <b>Butterfly Conservatory (Sign Up) Cost: \$15.00</b> 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 <b>Happy Hour and Music with Kim Atkins (AR)</b> 4:30 Netflix (TL) 7:30 Movie (TL)	<b>23</b> Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 11:00 Chair Bean Bag Toss (ML) 2:00 Exercise with Dana (ER) 2:30 Afternoon High Tea & Pastries (AR) 3:00 Arm Chair Travelling (TL) 7:30 Netflix –The Crown (TL)	<b>24</b> 10:00 <b>Westcliffe Mall (Sign Up)</b> 10:30 Walking Group 10:30 Xbox Bowling (AR) 11:00 Word Searches (CR) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	<b>25 Parfait Day</b> Hairdresser 10:00-2:00 <b>Boutique Sale</b> 10:00 Morning Exercise (ER) <b>Appointments (Sign Up)</b> 10:30 Crafting Group (CR) 11:00 Scrabble (AR) 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL)	<b>26</b> 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)
<b>27</b> 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)	<b>28 French Toast Day</b> 10:00-12:00 <b>Walker Clinic (Sign up at Front Desk) (AR)</b> 10:00 Morning Exercise (ER) 10:30 Walking Group 10:30 <b>Dog Visit with Kim &amp; Charlie (ML)</b> 11:00 <b>Pretty Polish (CR)</b> 2:00 Rummy (3rd Floor) 2:30 <b>Whiteboard Hangman (ML)</b> 7:30 Movie- Mens Choice (TL)	<b>29</b> 10:00 <b>Flamboro Casino (Sign Up)</b> 10:30 Walking Group 10:30 Xbox Bowling (AR) 2:30 <b>Birthday Party &amp; Happy Hour with Paula French (AR)</b> 4:30 Netflix (TL) 7:30 Movie (TL)	<b>30</b> Hairdresser Exercise Stepper (See Dana) 10:30 <b>Women of Song (AR)</b> 10:30 Chair Yoga with Radha (ER) 2:00 <b>Town Hall Meeting (TL)</b> 2:30 <b>Game Board Group (AR)</b> 7:30 Netflix –The Crown (TL)	 <p><b>11 NOVEMBER REMEMBRANCE DAY</b></p> <p><i>Lest we forget</i></p>		

**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.**