

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

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2	3	4	5	6	7
<p>9:00 Cranium Crunches (See front desk)</p> <p>11:00 Hymn Sing (YouTube) (TL)</p> <p>2:30 Sunday Social (ML)</p> <p>7:30 Movie (TL)</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>10:30 Walking Group (3rd Floor)</p> <p>2:00 Rummy (3rd Floor)</p> <p>7:30 Movie- Men's Choice (TL)</p>	<p>10:00 Dollarama (Sign Up)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>2:30 Happy Hour & Music with Escapade Trio (AR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Catholic Mass (TL)</p> <p>2:00 Exercise with Dana (ER)</p> <p>3:00 Afternoon High Tea & Pastries (AR)</p> <p>3:30 Arm Chair Travel- Mongolia (TL)</p> <p>7:30 Movie (TL)</p>	<p>10:00 Shoppers Drug Mart (Sign Up)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Word Searches (CR)</p> <p>2:30 Sing Along (TL)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Aberdeen Crafting (CR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Loonie Bingo (CR)</p> <p>7:30 Movie– Ladies Choice (TL)</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>
8	9	10	11 Thank You Day	12 Pharmacist Day	13	14
<p>9:00 Cranium Crunches (See front desk)</p> <p>11:00 Hymn Sing (YouTube) (TL)</p> <p>2:30 Sunday Social (ML)</p> <p>7:30 Movie (TL)</p>	<p>10:30 Dog Visit with Kim & Charlie (ML)</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>2:00 Rummy (3rd Floor)</p> <p>2:30 Whiteboard Hangman (ML)</p> <p>7:30 Movie- Men's Choice (TL)</p>	<p>10:00 Picard's Peanuts (Sign Up)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>2:30 Happy Hour & Music with Alchemy Unplugged (AR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR)</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>2:00 Exercise with Dana (ER)</p> <p>3:00 Game Board Group (AR)</p> <p>3:30 Concert– YouTube: Elvis (TL)</p> <p>7:30 Movie (TL)</p>	<p>10:00 Walmart (Sign Up)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Crossword Puzzles (CR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>Scenic Drive with Larry (Sign Up)</p> <p>10:00 Bank Run (Sign Up)</p> <p>10:00 Morning Exercise (ER)</p> <p>11:00 Food For Thought with Chef Bill (AR)</p> <p>10:30 Aberdeen Crafting (CR)</p> <p>2:30 Sing Along (TL)</p> <p>3:00 Loonie Bingo (CR)</p> <p>7:30 Movie– Ladies Choice (TL)</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>
15	16	17	18	19	20	21
<p>9:00 Cranium Crunches (See front desk)</p> <p>11:00 Hymn Sing (YouTube) (TL)</p> <p>2:30 Sunday Social (ML)</p> <p>7:30 Movie (TL)</p>	<p>10:00 Morning Exercise (ER)</p> <p>10:30 Walking Group (3rd Floor)</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- Men's Choice (TL)</p> <p>Martin Luther King Jr. Day</p>	<p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Coloring Craze (CR)</p> <p>11:15 Food Critics: Skyway Diner (Sign Up)</p> <p>2:30 Happy Hour & Music with John Staley (AR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>10:30 Chair Yoga with Radha (ER)</p> <p>10:30 Walking Group</p> <p>2:00 Exercise with Dana (ER)</p> <p>3:00 Afternoon High Tea & Pastries (AR)</p> <p>3:30 Arm Chair Travel – A Life on Our Planet– David Attenborough (TL)</p> <p>7:30 Movie (TL)</p>	<p>10:00 Giant Tiger (Sign Up)</p> <p>10:30 Walking Group (3rd Floor)</p> <p>10:30 Xbox Bowling (AR)</p> <p>11:00 Word Searches (CR)</p> <p>2:30 Sing Along (TL)</p> <p>3:00 Chocolate Bar Bingo (CR)</p> <p>7:30 Movie (TL)</p>	<p>Hairdresser</p> <p>10:00 Morning Exercise (ER)</p> <p>10:30 Aberdeen Crafting (CR)</p> <p>2:30 Horse Races (CR)</p> <p>3:00 Loonie Bingo (CR)</p> <p>7:30 Movie– Ladies Choice (TL)</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>7:30 Movie (TL)</p>

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)  Chinese New Year	23 10:00 Morning Exercise (ER) 10:30 Dog Visit with Kim & Charlie (ML) 10:30 Walking Group (3rd Floor) 2:00 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 7:30 Movie- Men's Choice (TL)	24 10:00 Art Gallery of Burlington (Sign Up) 10:30 Walking Group (3rd Floor) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour and Music with Kim Atkins (AR) 7:30 Movie (TL)	25 Hairdresser Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (3rd Floor) 2:00 Town Hall Meeting (CR) 3:00 Game Board Group (AR) 3:30 Robbie Burns Documentary (TL) 7:30 Movie (TL) Robbie Burns Day	26 10:00 Westcliffe Mall (Sign Up) 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)	27 Hairdresser Appointments (Sign Up) 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting (CR) 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 7:30 Movie- Ladies Choice (TL)	28 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)
29 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	30 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 10:00 Morning Exercise (ER) 10:30 Walking Group (3rd Floor) 2:00 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 7:30 Movie- Men's Choice (TL)	31 10:00 Flamboro Casino (Sign Up) 10:30 Walking Group (3rd Floor) 10:30 Xbox Bowling (AR) 2:30 Birthday Party & Happy Hour with Paula French (AR) 7:30 Movie (TL)	 <p>HELLO JANUARY</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.