

Blue– Entertainment

Red– Outings (Sign up Required)

Orange– Activity Room (AR)

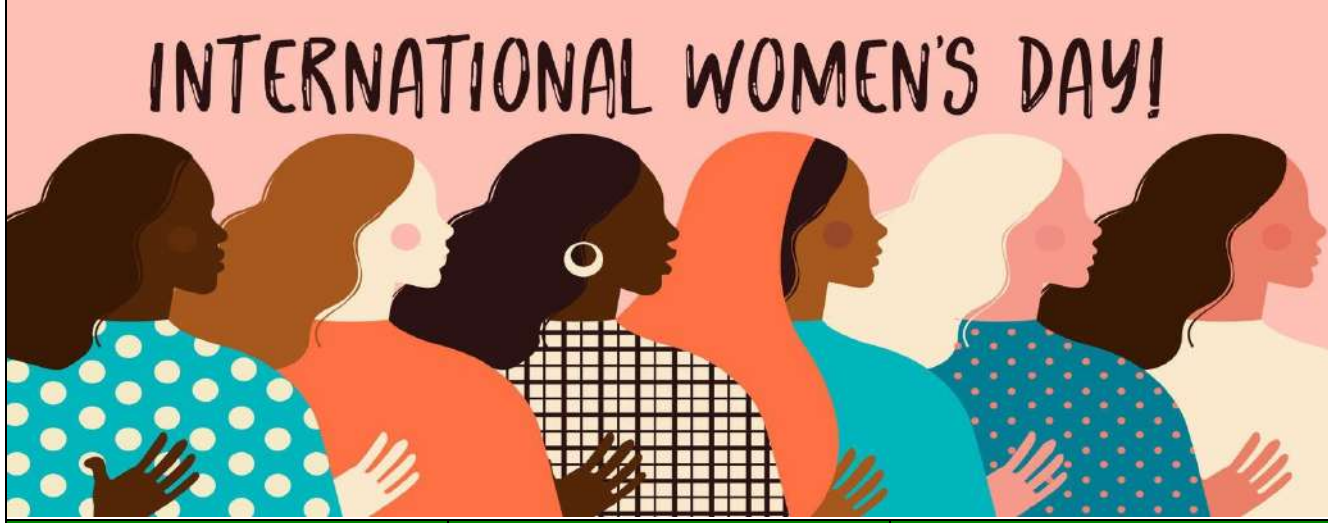
Pink– Exercise Room (ER)

Green– Main Lounge (ML)


Purple– Community Room (CR)

Brown- The Lounge

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>INTERNATIONAL WOMEN'S DAY!</p>			1 Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Catholic Mass (TL) 2:00 Exercise with Dana (ER) 3:00 Afternoon High Tea & Pastries (AR) 3:30 Arm Chair Travel– Bermuda (TL) 7:30 Movie (TL)	2 10:00 Dollar Tree (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Art Class with Grace & Hamdi (CR) 2:30 Sing Along (TL) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	3 Foot Dr. Jason 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting (CR) 11:00 Bean Bag Toss (ML) 2:30 Lev Senior Living Launch Party (AR) 3:30 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL)	4 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 7:30 Movie (TL)
			5 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	6 10:00 Morning Exercise (ER) 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 10:30 Walking Group (Basement) 11:00 Pretty Polish (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 7:30 Movie- Men's Choice (TL)	7 11:15 Food Critics: Rankins Grill (Sign Up) 10:30 Walking Group (3rd Floor) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with Cam Woolvett (AR) 7:30 Movie (TL)	8 Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Basement) 11:00 Knit & Chatter (ML) 2:00 Exercise with Dana (ER) 3:00 Afternoon Matinee– Vacation 3:30 Game Board Group (AR) 7:30 Movie (TL) International Women's Day
12 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL) Daylight Savings	13 10:00 Morning Exercise (ER) 10:30 Walking Group (Basement) 11:00 Java Music Club (Sign up with Dana) (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 7:30 Movie- Men's Choice (TL)	14 10:00 Gage Park Bulb Show (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour & Music with James Roberts (AR) 7:30 Movie (TL)	15 Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Basement) 2:00 Exercise with Dana (ER) 3:00 Afternoon High Tea & Pastries (AR) 3:30 Arm Chair Travel– History of Ireland (TL) 7:30 Movie (TL)	16 Foot Dr. Barb 10:00 Shoppers Drug Mart (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Art Class with Grace & Hamdi (CR) 2:30 Sing Along (TL) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	17 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting (CR) 11:00 Bean Bag Toss (ML) 2:00 St. Pats Party (AR) 3:30 Loonie Bingo (CR) 7:30 Movie– Ladies Choice (TL) St. Patrick's Day	18 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 7:30 Movie (TL)

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	20 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 10:00 Morning Exercise (ER) 10:30 Walking Group (Basement) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 7:30 Movie- Men's Choice (TL) First Day of Spring	21 10:00 Giant Tiger (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Happy Hour and Music with Kim Atkins (AR) 7:30 Movie (TL)	22 Exercise Stepper (See Dana) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Basement) 11:00 Knit & Chatter (ML) 2:00 Exercise with Dana (ER) 3:00 Game Board Group (AR) 3:30 Book Fair (CR) 7:30 Movie (TL)	23 10:00 Westcliffe Mall (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Racket Balloon (ML) 2:30 Horse Races (CR) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	24 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting (CR) 11:00 Bean Bag Toss (ML) 2:30 Sing Along (TL) 3:00 Loonie Bingo (CR) 7:30 Movie- Ladies Choice (TL)	25 9:00 Cranium Crunches Word Searches Sudoku Coloring Sheets Crosswords (See front desk) 10:00 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Paul on Piano (ML) 7:30 Movie (TL)
26 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 7:30 Movie (TL)	27 10:00 Morning Exercise (ER) 10:30 Walking Group (Basement) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 7:30 Movie- Men's Choice (TL)	28 10:00 Frog Exhibit @ RBG (Sign Up) Cost: \$18.00 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Coloring Craze (CR) 2:30 Birthday Party & Happy Hour with Paula French (AR) 7:30 Movie (TL) National Black Forest Cake Day	29 Exercise Stepper (See Dana) 10:00 Morning Exercise (ER) 10:30 Chair Yoga with Radha (ER) 10:30 Walking Group (Basement) 2:00 Town Hall Meeting (AR) 3:00 Afternoon Matinee- Brooklyn (TL) 7:30 Movie (TL)	30 10:00 Bank Run (Sign Up) 10:30 Walking Group (Basement) 10:30 Xbox Bowling (AR) 11:00 Art Class with Grace & Hamdi (CR) 2:30 Sing Along (TL) 3:00 Chocolate Bar Bingo (CR) 7:30 Movie (TL)	31 Appointments (Sign Up) 10:00 Morning Exercise (ER) 10:30 Aberdeen Crafting (CR) 11:00 Bean Bag Toss (ML) 2:30 Horse Races (CR) 3:00 Loonie Bingo (CR) 7:30 Movie- Ladies Choice	

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

Activity Director- Dana Thompson Ext. 153 / dthompson@levliving.com

Please note, this calendar does not apply in an outbreak or lockdown situation.

GROUP OUTINGS ARE LIMITED, SIGN UP REQUIRED.