

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 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Morning Exercise (ER) 2:00 Music with Vili V (ML) 3:30 Loonie Bingo (CR) 7:30 Movie Night (TL)	2 9:00 Cranium Crunches (See front desk) 10:00-2:00 Barb Foot Dr. (CR) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor)
						
3 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML)	4 Labour Day 9:00 Cranium Crunches (See front desk) 2:00 Rummy (3rd Floor)	5 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 10:00 Peace Memorial Park (RE: Presentation) (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Cam Woolvett (AR)	6 Hairdresser 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:30 Chair Yoga with Radha (ER) 2:30 Exercise with Dana (ER) 3:30 Movie Matinee– Just Go With It (AR)	7 Hairdresser 10:00 Picard's Peanuts (Sign Up) 2:00 Midday Midway (AR) 3:00 Chocolate Bar Bingo (CR)	8 10:00 Bank Run (Sign Up) 10:00 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 7:30 Movie Night (TL)	9 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:00 Krishanthi on Piano (ML) 2:15 Euchre (3rd Floor)
						
10 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML)	11 10:00 Morning Exercise (ER) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML)	12 10:00 Carluke Apple Picking (Sign Up) (Walking Involved) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Tom Cowles (AR)	13 Hairdresser 10:30 Chair Yoga with Radha (ER) 3:00 Afternoon High Tea (AR) 3:30 Arm Chair Travel– Thailand (AR)	14 Hairdresser 11:00 Aberdeen Crafting (ML) 2:00 Midday Midway (AR) 3:00 Chocolate Bar Bingo (CR)	15 10:00 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 7:30 Movie Night (TL)	16 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor)
						

More on Reverse >

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17 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 	18 10:00 Morning Exercise (ER) 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 	19 10:00 Walmart (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour and Music with Kim Atkins (AR) 	20 Hairdresser 10:30 Chair Yoga with Radha (ER) 2:30 Exercise with Dana (ER) 3:30 Movie Matinee– Flight (AR) 	21 Hairdresser 10:00 Dollarama (Sign Up) 2:00 Midday Midway (AR) 3:00 Chocolate Bar Bingo (CR) 	22 Appointments (Sign Up) 10:00 Morning Exercise (ER) 11:00 Aberdeen Crafting (ML) 3:00 Loonie Bingo (CR) 	23 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:30 Paul on Piano (ML) 
24 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Social (ML) 	25 10:00 Morning Exercise (ER) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 	26 10:00 Westcliffe Mall (Sign Up) 2:30 Birthday Party & Happy Hour with Paula French (AR) 	27 Hairdresser 10:30 Chair Yoga with Radha (ER) 2:30 Exercise with Dana (ER) 3:00 Town Hall Meeting/Food For Thought (ER) 	28 Hairdresser 10:00 Charter Ability Boat Cruise (Sign Up) (Boat Departs @ 1:00PM) 3:30 Chocolate Bar Bingo (CR) 	29 10:00 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 7:30 Friday Night Fever: Oldies But Goodies with Synchronicity Duo 	30 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) Truth & Reconciliation Day Orange Shirt Day 

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.