

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 (TL)

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>November 5th is Daylight Savings. Set your clocks</p> <p>WE REMEMBER</p>			<p>1</p> <p>10:30 Chair Yoga with Radha (ER) 11:00-3:00 Vendor Sale (ML) 11:00 Reading Buddies with St. Joes Students (ML) 2:30 Exercise with Dana (ER)</p>	<p>2 Foot Dr. Jason</p> <p>10:00 Giant Tiger (Sign Up) 2:00 Xbox Bowling (AR) 3:00 Chocolate Bar Bingo (CR)</p>	<p>3</p> <p>10:00 Dollarama (Sign Up) 10:00 Morning Exercise (ER) 10:00-12:00 C & D Walker Clinic 3:00 Loonie Bingo (CR) 7:30 Movie Night (TL)</p>	<p>4</p> <p>9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:00 Krishanthi on Piano (ML) 2:15 Euchre (3rd Floor)</p> 
<p>5</p> <p>9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Spice (ML)</p> <p>Daylight Savings</p>	<p>6</p> <p>10:15 Morning Exercise (ER) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 4:00 Pretty Polish (ML)</p>	<p>7 Hairdresser</p> <p>10:00 Walmart (Sign Up) 10:00 Falls Prevention Presentation (AR) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Vili V (AR)</p>	<p>8</p> <p>10:30 Chair Yoga with Radha (ER) 2:30 Afternoon High Tea (AR) 3:30 Arm Chair Travel–Antarctica (AR)</p>	<p>9</p> <p>10:00 Warplane Heritage Museum (Sign Up) Cost: \$14 2:30 Chocolate Bar Bingo (CR) 4:00 Aberdeen’s Holiday Market with Entertainment (ML)</p>	<p>10</p> <p>10:00 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 7:30 Movie Night (TL)</p>	<p>11</p> <p>9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 11:00 Remembrance Day Ceremony 2:00 Remembrance Day Music (AR) 2:15 Euchre (3rd Floor)</p> <p>Remembrance Day</p>
<p>12</p> <p>9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Spice (ML)</p>	<p>13</p> <p>10:15 Morning Exercise (ER) 10:00-12:00 Walker Clinic (Sign up at Front Desk) (AR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) 4:00 Pretty Polish (ML)</p>	<p>14 Hairdresser</p> <p>10:00 Food Critics: Swiss Chalet (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with James Roberts (AR)</p>	<p>15</p> <p>10:30 Chair Yoga with Radha (ER) 10:00-2:00 Traditions Alive Sale with Anish (ML) 2:30 Exercise with Dana (ER) 3:30 Movie Matinee– Dirty Dancing (AR)</p>	<p>16</p> <p>10:00 Shoppers Drug Mart (Sign Up) 2:00 Xbox Bowling (AR) 3:00 Chocolate Bar Bingo (CR)</p>	<p>17</p> <p>10:00 Picard’s Peanuts (Sign Up) 10:00 Morning Exercise (ER) 10:00-12:00 C & D Walker Clinic 3:00 Loonie Bingo (CR) 7:30 Movie Night (TL)</p>	<p>18</p> <p>9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Spice and Paul on Piano (ML)	20 10:00 Morning Exercise (ER) 11:00 Java Music Club (CR) 2:15 Rummy (3rd Floor) 2:30 Word Scrambles (ML) 4:00 Aberdeen Crafting (ML)	21 Hairdresser 10:00 Winners (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Kim Atkins (AR)	22 10:30 Chair Yoga with Radha (ER) 2:30 Afternoon High Tea (AR) 3:30 Arm Chair Travel– Alaska (AR)	23 10:00 Bank Run (Sign Up) 2:00 Music with Manvir (ML) 3:30 Chocolate Bar Bingo (CR)	24 10:00 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 7:30 Friday Night Fever: Elvis Night 	25 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 
26 9:00 Cranium Crunches (See front desk) 11:00 Hymn Sing (YouTube) (TL) 2:30 Sunday Spice (ML)	27 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) 4:00 Pretty Polish (ML)	28 Hairdresser 10:00 Westcliffe Mall (Sign Up) 10:00 Vendor Sale (ML) 2:30 Birthday Party & Happy Hour with Paula French (AR) 	29 10:30 Chair Yoga with Radha (ER) 10:30 Catholic Mass (TL) 2:30 Exercise with Dana (ER)	30 10:00 Butterfly Conservatory (Sign Up) Cost: \$14.00 2:00 Xbox Bowling (AR) 3:00 Chocolate Bar Bingo (CR)	11 NOVEMBER REMEMBRANCE DAY <i>Lest we forget</i> 	

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.