















Pink- Exercise Room (ER)
 Green- Main Lounge (ML)
 Purple- Community Room (CR)
 Brown- The Lounge (TL)



Blue- Entertainment
 Red- Outings (Sign up Required)
 Orange- Activity Room (AR)

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Nails with Chas (CR) 10:45 Morning Exercise (ER) 11:00 Java Club (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) Easter Monday	2 10:00 Dollar Tree (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Alchemy Unplugged (AR)  Nature Day (Planting Seeds)	3 10:30 Chair Yoga with Radha (ER) 11:00 Reading Buddies with St. Joes Students (ML) 2:30 Afternoon High Tea (AR) 3:00 Arm Chair Travel- Pyramids of Egypt (AR) 	4 Foot Dr. Jason 10:00 Picard's Peanuts (Sign Up) 10:30 Xbox Bowling (AR) 2:30 Grief Presentation (AR) 3:30 Chocolate Bar Bingo (CR)	5 10:15 Morning Exercise (ER) 10:45 Krafts with Kate (CR) 3:00 Loonie Bingo (CR) 4:00 8 Ball Pool with Ishan (ER)  National Self Care Day	6 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Krishanthi on Piano (ML) 2:00 Knit & Chat (AR)
	7 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (TL) 2:30 Sunday Social (ML) 	8 10:00 Nails with Chas (CR) 10:45 Morning Exercise (ER) 11:00 Java Club (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML)	9 10:00 Giant Tiger (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with James Roberts (AR) 	10 10:30 Chair Yoga with Radha (ER) 2:00 Joyful Brass Salvation Army Band (ML) 3:30 Movie Matinee- The Proposal (AR) 	11 10:00 Food Critics: Swiss Chalet (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Pictionary (ML) 3:00 Chocolate Bar Bingo (CR) 4:00 8 Ball Pool with Ishan (ER)  National Pet Day	12 Appointments (Sign Up) 10:15 Morning Exercise (ER) 3:00 Loonie Bingo (CR) 4:00 8 Ball Pool with Ishan (ER) 7:30 Aberdeen Art Show (CR) 
14 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (TL) 2:30 Sunday Social (ML) 	15 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Nails with Chas (CR) 10:45 Morning Exercise (ER) 11:00 Java Club (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML) National Laundry Day	16 10:00 Walmart Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Zack Erickson (AR)  National Pajamas to Work Day	17 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:30 Chair Yoga with Radha (ER) 2:30 Afternoon High Tea (AR) 3:00 Arm Chair Travel- Inca Island in the Sky (AR) 	18 10:00 Shoppers Drug Mart (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Men's Group (AR) 3:00 Chocolate Bar Bingo (CR) 4:00 8 Ball Pool with Ishan (ER)	19 10:15 Morning Exercise (ER) 2:00 Women's Group (AR) 3:00 Loonie Bingo (CR) 4:00 8 Ball Pool with Ishan (ER) 	20 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Dave on Piano (ML) 

More on Reverse >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
21 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (TL) 2:30 Sunday Social and Music with Paul Schalm (ML)	22 10:00 Nails with Sydney (CR) 10:45 Morning Exercise (ER) 11:00 Java Club (CR) 2:15 Rummy (3rd Floor) 2:30 Food For Thought with Chef Andrew (ER) Earth Day	23 10:00 Westcliffe Mall (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Kim Atkins (AR)	24 10:30 Chair Yoga with Radha (ER) 10:30 Catholic Mass (TL) 2:30 Town Hall Meeting (ER)  Happy 100th Joan C	25 10:00 Scenic Drive (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Pictionary (ML) 3:30 Chocolate Bar Bingo (CR)	26 10:00 Bank Run (Sign Up) 2:00 Women's Club (AR) 3:30 Loonie Bingo (CR) National Denim Day	27 Foot Dr. Barb 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:00 Knit & Chat (AR) 2:15 Euchre (3rd Floor)	
28 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (TL) 2:30 Sunday Social (ML)	29 10:00 Nails with Sydney (CR) 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:45 Morning Exercise (ER) 11:00 Java Club (CR) 2:15 Rummy (3rd Floor) 2:30 Whiteboard Hangman (ML)	30 10:00-2:00 Vendor Sale (ML) 10:00 Mission Thrift Store (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Birthday Party & Happy Hour with Paula French (AR)					

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.