








Pink– Exercise Room (ER)
Green– Main Lounge (ML)
Purple– Meeting Room (MR)
Brown– Chapel (C)

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

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Canada Day Cranium Crunches (See front desk) 2:30 Canada Day Treat (ML) Canada Day	2 10:00 Picard's Peanuts (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Alchemy Unplugged (AR) 7:30 Movie Night (AR)	3 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:30 Food For Thought Meeting with Chef Andrew (ER) 3:00 Arm Chair Travel– Hamilton (AR)	4 Hairdresser Foot Dr. Jason 10:00 Charter Ability Boat Cruise (Sign Up) (Boat Departs @ 1:00PM) 10:30 Xbox Bowling (AR) 3:30 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	5 10:15 Morning Exercise (ER) 11:00 Aberdeen Crafting (CR) 2:00 Pretty Polish (AR) 3:00 Loonie Bingo (MR) 	6 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Knit & Chat (AR)
	7 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 2:30 Sunday Social and Music with Paul Schalm (ML)	8 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:45 Morning Exercise (ER) 2:30 Resident Run Game Board Group (AR)	9 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with James Roberts (AR) 7:30 Movie Night (AR) 	10 10:30 Chair Yoga with Radha (ER) 11:00 Resident Run Java Club (MR) 2:00 Entertainment with John & Russ (ML)	11 Hairdresser 10:30 Xbox Bowling (AR) 2:00 Entertainment with Zack Erickson (ML) 3:30 Chocolate Bar Bingo (MR)	12 10:45 Resident Run Craft (MR) 2:00 Virtual Exercises (AR) 3:00 Loonie Bingo (MR) 
14 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 2:30 Sunday Social (ML) 	15 10:45 Morning Exercise (ER) 11:00 Guess the Logo (ML) 2:30 Movie Matinee: Gone with the Wind (AR) 	16 10:00 Walmart (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Vili V (AR) 7:30 Movie Night (AR) National Cherry Day	17 10:30 Chair Yoga with Radha (ER) 11:00 Resident Run Java Club (MR) 	18 Hairdresser 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:00 Shoppers Drug Mart (Sign Up) 10:30 Xbox Bowling (AR) 3:00 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	19 10:30 Sing Along Songs with Susie Q (AR) 2:00 Pretty Polish (MR) 3:00 Loonie Bingo (MR)	20 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Knit & Chat (AR) 2:00 Peter on Piano (ML)

More on Reverse >



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21 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 2:30 Sunday Social (ML)	22 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Pretty Polish (MR) 10:45 Morning Exercise (ER) 11:00 Bean Bag Toss (ML) 2:30 Food For Thought with Chef Andrew (ER)	23 11:15 Easterbrook's Hot Dogs (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Kim Atkins (AR) 7:30 Movie Night (AR) 	24 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:30 Ice Cream in the Main Lounge (ML) 3:30 Guided Meditation (AR)	25 Hairdresser 10:00 Bank Run (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Caribbean Christmas with John Pebble on the Patio 3:30 Chocolate Bar Bingo (MR) Christmas in July	26 10:15 Morning Exercise (ER) 10:45 Aberdeen Crafting (MR) 2:00 Guess the Logo (AR) 3:00 Loonie Bingo (MR)	27 9:00 Cranium Crunches (See front desk) 10:00-2:00 Nan's Beads (ML) 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 (C) 2:30 Sunday Social (ML) 	29 10:00-2:00 Vendor Sale (ML) 10:00 Pretty Polish (MR) 10:45 Morning Exercise (ER) 2:30 Whiteboard Hangman (ML)	30 10:00 Westcliffe Mall (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Birthday Party & Happy Hour with Paula French (AR) 7:30 Movie Night (AR) 	31 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:30 Town Hall Meeting (ER) 			

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

Recreation Manager– Dana Thompson Ext. 153 / dthompson@levliving.com

Please note, programs are subject to change.

GROUP OUTINGS ARE LIMITED, SIGN UP REQUIRED.