

Pink- Exercise Room (ER)

Blue- Entertainment

Green- Main Lounge (ML)








Red- Outings (Sign up Required)

Purple- Meeting Room (MR)

Orange- Activity Room (AR)

Brown- Chapel (C)

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 2:10 Blue Jays vs. Twins (AR) 2:30 Sunday Social (ML) 	2 9:00 Cranium Crunches (See front desk) 	3 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Dollar Tree (Sign Up) 10:45 Zumba with Linn (ER) 2:00-4:00 "Open House" Birthday Party for Mary P. (ER) 2:30 Happy Hour & Music with Synchronicity Duo (AR) 7:07 Blue Jays vs. Phillies (AR)	4 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:30 Jackson Square Dental Presentation & Information NEW! (AR) 3:07 Blue Jays vs. Phillies (AR) 3:30 Pretty Polish (ML) 4:00 Dog Visit with Kalynn & Athena NEW! (ML)	5 Hairdresser Lindsay Foot Dr. Jason 10:00 Giant Tiger (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Growing in Grief Workshop with Kristen (AR) 3:30 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	6 10:15 Morning Exercise (ER) 11:00 Aberdeen Crafting (CR) 2:30 Guess the Logo (ML) 3:00 Loonie Bingo (MR) 7:20 Blue Jays vs. Braves 	7 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Knit & Chat (AR) 2:00 Krishanthi on Piano (ML) 7:20 Blue Jays vs. Braves (AR) Happy 100th Birthday Mary P.
8 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 1:35 Blue Jays vs. Braves (AR) 2:30 Sunday Social (ML)	9 10:00 Pretty Polish (MR) 10:45 Morning Exercise (ER) 11:00 Colouring Craze (ML) 11:30/1:00 Outdoor Walker Wash & Strawberry Daiquiris NEW! (ML) 2:30 Whiteboard Hangman (ML) 7:07 Blue Jays vs. Mets (AR)	10 11:15 Food Critics: Halibut House (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Happy Hour & Music with Tom Cowles (AR) 7:07 Blue Jays vs. Mets (AR) 	11 10:30 Chair Yoga with Radha (ER) 11:00 Residents Java Club (MR) 2:15-3:15 Residents' Council Meeting (ER) 3:07 Blue Jays vs. Mets (AR) 4:00 Dog Visit with Kalynn & Athena (ML) 7:00 Paint N' Sip with Dana (MR) Housekeeper Awareness Day	12 Hairdresser Lindsay 10:00 Windmill Market (Sign Up) 10:30 Xbox Bowling (AR) 2:30 Hear Right Canada Presentation (AR) 3:30 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	13 10:00 Bank Run (Sign Up) 10:15 Morning Exercise (ER) 11:00 Aberdeen Crafting (MR) 2:30 Dana's Wedding Pictures Displayed on the TV (AR) 3:00 Loonie Bingo (MR) 7:07 Blue Jays vs. Cardinals (AR)	14 9:00 Cranium Crunches (See front desk) 10:00 Pretty Polish (AR) 10:15 Uno (3rd Floor) 2:15 Euchre (3rd Floor) 2:00 Knit & Chat (AR) 3:07 Blue Jays vs. Cardinals
15 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 1:37 Blue Jays vs. Cardinals (AR) 2:30 Sunday Social and Music with Paul Schalm (ML) 	16 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Pretty Polish (MR) 10:30 Therapy Tails (ML) NEW! 10:45 Morning Exercise (ER) 11:00 Name That Tune: Patrick Swayze (ML) 2:30 Patrick Swayze Trivia (ML) 3:00 Afternoon Matinee: Ghost (AR) Patrick Swayze Day	17 10:00 Walmart (Sign Up) 10:45 Zumba with Linn (ER) 2:00 Blue Jays Attire Group Picture (ML) 2:30 Happy Hour & Music with Kim Atkins (AR) 8:05 Blue Jays vs. Rangers (AR)  Wear Blue Jays Attire	18 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:00 Full Building Evacuation 3:00 Afternoon High Tea (AR) 4:00 Dog Visit with Kalynn & Athena (ML) 8:05 Blue Jays vs. Rangers (AR) National Cheeseburger Day	19 Hairdresser Lindsay 10:00 Shoppers Drug Mart (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Growing in Grief Workshop with Kristen (AR) 2:35 Blue Jays vs. Rangers (AR) 3:30 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	20 10:15 Morning Exercise (ER) 11:00 Aberdeen Crafting (CR) 12:30 McDonald's Lunch in (\$\$ Cost & Sign Up Required) (MR) 2:30 Racquet Balloon (ML) 3:00 Loonie Bingo (MR) 6:50 Blue Jays vs. Rays (AR) 	21 Barb S. Foot Dr. 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 11:00 Chai Tea Tasting NEW! (ML) 2:15 Euchre (3rd Floor) 2:00 Knit & Chat (AR) 4:10 Blue Jays vs. Rays (AR) National Chai Day

More on Reverse >

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22 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 1:40 Blue Jays vs. Rays (AR) 2:30 Sunday Social (ML)	23 10:00 Pretty Polish (MR) 10:30 Therapy Tails (ML) 10:45 Morning Exercise (ER) 11:00 Colouring Craze (ML) 2:30 Whiteboard Hangman (ML) 7:07 Blue Jays vs. Red Sox (AR) 	24 10:00 Picard's Peanuts (Sign Up) 10:45 Zumba with Linn (ER) 2:30 Monthly Birthday Party & Happy Hour with Paula French (AR) 7:07 Blue Jays vs. Red Sox (AR) 	25 10:00-2:00 Traditions Alive Sale with Anish (ML) 10:30 Chair Yoga with Radha (ER) 11:00 Java Club (MR) 2:30 Town Hall Meeting (ER) 4:00 Dog Visit with Kalynn & Athena (ML) 7:07 Blue Jays vs. Red Sox (AR)	26 Hairdresser Lindsay 10:00 Westcliffe Mall (Sign Up) 10:30 Xbox Bowling (AR) 2:00 Activity Planning Meeting NEW! (MR) 3:00 Chocolate Bar Bingo (MR) 7:00 Euchre Night (AR)	27 Appointments (Sign Up) 10:00-2:00 Vendor Sale (ML) 10:15 Morning Exercise (ER) 10:45 Aberdeen Crafting (MR) 2:30 Bean Bag Toss (ML) 3:00 Loonie Bingo (MR) 7:00 Pub Night NEW! (AR) 7:07 Blue Jays vs. Marlins	28 9:00 Cranium Crunches (See front desk) 10:15 Uno (3rd Floor) 2:00 Peter on Piano (ML) 2:00 Knit & Chat (AR) 2:15 Euchre (3rd Floor) 3:07 Blue Jays vs. Marlins (AR)	
29 9:00 Cranium Crunches (See front desk) 11:00 Rosary with Don & Eileen (C) 2:30 Sunday Social (ML) 3:07 Blue Jays vs. Marlins (AR) 	30 10:00 Brant Arts Walker Clinic (Sign up at Front Desk) (AR) 10:00 Pretty Polish (MR) 10:30 Therapy Tails (ML) 10:45 Morning Exercise (ER) 11:00 Bean Bag Toss (ML) 2:00 Orange Shirt Group Picture 2:30 Whiteboard Hangman (ML) Truth & Reconciliation Day					<p>On September 30th, show your support & wear an orange shirt for Truth and Reconciliation Day.</p> 	

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.