

SPCA Fundraiser & BBQ
Photo Gallery



September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

- Boxcar Willie (singer) – September 1, 1931
- Bob Newhart (actor) – September 5, 1929
- Jane Curtin (actress) – September 6, 1947
- Otis Redding (singer) – September 9, 1941
- Agatha Christie (writer) – September 15, 1890
- Sophia Loren (actress) – September 20, 1934
- Jim Henson (puppeteer) – September 24, 1936
- Jack LaLanne (health guru) – September 26, 1914
- Gene Autry (singer) – September 29, 1907
- Buddy Rich (drummer) – September 30, 1917



- James. M.....Sept 7
- Theodora. K.....Sept 8
- Dorothy. T.....Sept 15
- Jim. H.....Sept 16
- Tony. F.....Sept 17
- Craig. W.....Sept 18
- Diane. Z.....Sept 23
- Peter. S.....Sept 30



ABERDONIAN

Aberdeen Gardens Retirement Residence | 330 Dundurn St. S | (905) 529-3163



Celebrating September

Happy Hour Tuesdays at
2:30pm

- Sept 1 – Synchronicity Duo
- Sept 8 – John & Russ
- Sept 15 – Tristian Alexander
- Sept 22 – Kim Atkins
- Sept 29 – Paula French

Brant Arts Walker Clinic
September 1

Foot Care Clinic with
Dr. Jason
September 3 & 24

Labor Day
September 7

Karaoke Pub Night
September 18

Foot Care Clinic with
Dr. Barbara
September 19

Fall Equinox
September 22

Town Hall Meeting
September 30

NEW PROGRAM
Theraband Exercise
Fridays at 10:30am



Happy September, Everyone!

As summer winds down and fall begins to arrive, we have a busy and exciting month ahead at Aberdeen Gardens! Please remember to check the Lost & Found display from September 8-13. Any unclaimed items remaining after this time will be donated, so be sure to take a look and claim anything that belongs to you. Keep your eyes open for our Fall 50/50 Draw, which will begin at the end of the month. More details will be shared soon. We are pleased to welcome Professor N. Austin on September 10th and 17th for another engaging series of discussions. Be sure to join us for these thought-provoking presentations. September also marks the wrap-up of our Annual Resident Satisfaction Survey. Thank you to everyone who has already participated. Your feedback helps us continue to improve programs, services, and life at Aberdeen Gardens. As always, please sign up for outings at the Front Desk to reserve your spot. Our fall outings fill quickly, so don't wait too long! You'll also notice some new faces around the residence as our student placements begin in September. Please help us give our students a warm Aberdeen Gardens welcome as they learn and gain experience with our community. We look forward to a wonderful month filled with learning, friendship, and fun. Happy September!

Sarah & the Recreation Team 🍁🍁

How to cure a headache

This story relates to a lot of stay-at-home moms. She looks after their children, cleans the house, and shops for the groceries. She also handles the family business over the phone, to name a few.

Mom is up early in the morning with her husband and kids and makes their breakfast. When he leaves for work, she reminds him of what he has to do that day and hand him his briefcase. She holds the door for him and with a quick goodbye and no kiss, he hustles out to his car that evening following supper the family retired to the living room to watch TV at their usual bedtime. Mom puts the kids to bed. She then says to dad that she is tired has a splitting headache and is going to bed. Dad asked have you taken a Tylenol mom says yes but they haven't kicked in yet. Good night dad has left thinking is there a problem here or is it me? I don't help enough around the house and that will change now.

Dad is up early the next morning making breakfast for everyone now with Mom holding the door. He grabs his brief case pauses at the door says thank you, dear and gives her a kiss he hustles then he hustles to the car that afternoon. He calls home and tells his wife not to cook supper he is bringing home their favorite takeout following supper. They withdrew to the living room to watch TV when it was the kids bedtime. Dad chased them to their rooms and tucked them into bed.

Shortly after that, mom says it's time for bed. Dad says this early mom again says it's time for bed. Dad says oh you're right it's bedtime when he gets to the bedroom. Mom is wearing a sexy nightgown dad says when did you get that Mom answers I've had it for a while and saved it for a special occasion. Dad says you're not going to believe this, but I have a headache. Can I have some of your Tylenol? Mom says forget them. I'll be your Tylenol tonight half an hour later probably sooner dad says that was great, but you know I always take two Tylenol mom just last turns over and says good night. Two minutes later dad was fast asleep. Mom knew he couldn't take two of her Tylenol anyway the Tylenol cured their headaches.

Been there done that.

By: Ken D



Thank You for Sharing Your Voice!

A sincere thank you to everyone who participated in our Annual Resident Satisfaction Survey. We appreciate the time you took to share your feedback, ideas, and experiences. Your input plays an important role in helping us understand what we're doing well and where we can improve.

The survey is now closed, and Greenhouse Marketing, our independent third-party survey provider, is compiling and analyzing the results. All responses remain confidential. We're excited to review your feedback and use it to help shape future improvements at Aberdeen Gardens. Survey results and our action plan will be shared with residents in November.

Thank you again for your participation and ongoing support. Together, we continue to make Aberdeen Gardens a great place to call home.

Stay tuned for results and our action plan coming in November!



SEPTEMBER OUTINGS:

Sept. 1st 10:00am – Hewitts Dairy

Sept. 3rd 10:00am – University Plaza & Shoppers Drug Mart

Sept. 4th 10:00am – Bank Trip

Sept. 8th 10:00am – Westcliff Mall

Sept. 10th 12:30pm – Flamborough Downs Casino

Sept. 15th 10:00am – Walmart

Sept. 17th 10:00am – Picnic at Dundas Driving Park

Sept. 18th 10:00am – Scenic Tour

Sept. 22nd 10:00am – Tim Hortons

Sept. 24th 12:30pm – Summit Station Dairy Farm Tour Cost \$15.00

Sept. 29th 10:00am – Grandads Doughnuts



The Write Stuff

It's happened to many of us: You want to buy a greeting card, and the next thing you know, you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the rise of digital greetings, text messages, and social media, the greeting card industry continues to thrive. Americans still purchase billions of greeting cards each year, generating roughly seven billion dollars in annual sales. While many people now send birthday wishes online, physical cards remain popular for milestones, holidays, expressions of sympathy, and heartfelt occasions. Perhaps that is because, deep down, we still value tangible messages of love and appreciation. After all, many of us have old greeting cards tucked away in drawers or keepsake boxes. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers who want to break into the greeting card business. While artwork and design may capture a shopper's attention, the message inside often determines whether a card is purchased. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. Writers must be sure to match their submissions to the needs of a publisher. Payment varies by publisher and card type, but writers can earn anywhere from \$25 to well over \$100 per card.

In recent years, companies have introduced everything from intricate pop-up designs to highly personalized cards created online and delivered through the mail. Some services even offer handwritten messages produced on the sender's behalf. As greeting cards continue to evolve alongside technology, one thing remains unchanged: People still appreciate receiving thoughtful words delivered in a personal and memorable way.

Comic Corner by TNT

A man stumbles up to the only other patron in the bar and ask him if he could buy him a drink.

"Why of course," comes the reply.

The first man then asks, "Where are you from?"

"I'm from Ireland" replies the second man.

The first man responds "you don't say, I'm from Ireland too! Let's have another round to Ireland."

"Of course", replies the second man.

Curious, the first man asks "where in Ireland are you from?"

"Dublin" comes the reply "I can't believe it" says the first man "I'm from Dublin too let's have another round to Dublin"

"of course" replies, the second man.

Curiosity, strikes again and the first man asks "what school did you go to?"

"Saint Mary's" replies, the second man "I graduated in 82."

"this is unbelievable" The first man says "I went to St. Mary's and graduated in 82 too."

About this time, one of the regulars comes in and sits at the bar "what's been going on?" he asks the bartender. "Nothing much" replies, the bartender "the O'Malley twins are drunk again!"



Keep your eyes open for our annual flu vaccine clinic coming in October!