November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **11:00** Sunday Rosary (3rd floor lounge) **2:30** Sunday Social (ML)	2 **10:15** Pretty Polish (sign-up required) (AR) **12:30** Bocce Ball (ML) **2:15** VON Afternoon Exercise (ER) **3:00** Chocolate Bar Bingo (AR)	3 **10:00 Outing: Tim Hortons (Sign-up required)** **10:30** Tai Chi (ER) **10:45** Friendly Visits (ML) **12:30** Racquet Balloon (ML) **2:30** Happy Hour & Music with Synchronicity (ML)	4 **10:15** Stretch & Strengthen with Sarah (ER) **10:45** St. Joesph's Buddies (ML) **12:30** Get to know your neighbour (ML) **2:30** Kerplunk (AR) **3:30** Senior Scholars Health Series (AR)	5 **10:00 Outing: Bank Trip (Sign-up required)** **10:30** Zumba with Linn (ER) **12:30** Hangman (ML) **1-4pm Foot Care Clinic with Dr. Jason** (MR) (sign-up at front desk) **2:30** Food For Thought Meeting with Chef Leona (ER) **3:00** Music Bingo (AR) **7:15** Euchre Club (ML)	6 **10:30** Bible Study (AR) **10:30** Theraband Exercise with Shane (ER) **12:30** Category Grid (ML) **2:30** Loonie Bingo (AR)	7 **9:00** Cranium Crunches (see front desk) **2:00** Krishanthi on Piano (ML)
8 **Grandparents Day** **11:00** Sunday Rosary (3rd floor lounge) **2:30** Sunday Social (ML)	9 **10:15** Pretty Polish (sign-up required)(AR) **12:30** Horse Races (ML) **2:15** VON Afternoon Exercise (ER) **3:00** Chocolate Bar Bingo (AR)	10 **10:00 Outing: Westcliff Mall (Sign-up required)** **10:30** Tai Chi (ER) **10:45** Friendly Visits (ML) **12:30** Racquet Balloon (ML) **2:30** Happy Hour & Music with Alchemy Unplugged (AR)	**Remembrance Day** 11 **10:30** Stretch & Strengthen with Sarah (ER) **11:00** Moment of Silence over the PA **12:30** Get to know your neighbour (ML) **2:30 Remembrance Day Ceremony** (AR) **3:30** Senior Scholars Health Series (AR) **7:15** Yathzee Club (ML)	12 **10:00 Outing: Scenic Drive (Sign-up required)** **10:30** Zumba with Linn **(ER)** **12:30** Category Grid (ML) **2:30 Passport Day - Las Vegas** (AR) **7:15** Euchre Club (ML)	13 **10:30** Theraband Exercise with Shane (ER) **10:30** Bible Study (AR) **12:30** Category Grid (ML) **2:30** Loonie Bingo (AR)	14 **9:00** Cranium Crunches (see front desk) **1:00 Euchre Party** (members only) (AR)

Aberdeen Gardens 330 Dundurn St. S (905) 529-3163 RECREATION MANAGER - Sarah Hoover ext. 153/ shoover@levliving.com **Please Note: Programs are subject to change Group Outings are limited, sign up is required.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 **11:00** Sunday Rosary (3rd floor lounge) **2:30** Sunday Social (ML)	16 **10:15** Pretty Polish (sign-up required)(AR) **10:45** St. Joseph's Buddies (ML) **12:30** Granny Pants (ML) **2:15** Afternoon Exercise with VON (ER) **3:00** Chocolate Bar Bingo (AR)	17 **10:00 Outing: Gage Park Greenhouse (Sign-up required)** **10:30** Tai Chi (ER) **10:45** Friendly Visits (ML) **12:30** Racquet Balloon (ML) **2:30** Happy Hour & Music with Kim Atkins(AR)	18 **10:15** Xbox Bowling (AR) **10:30** Stretch & Strengthen(ER) **10:30** RC Mass (MR) **12:30** Get to know your Neighbour (ML) **2:30** Photo Hunt (AR) **3:30** Senior Scholars Health Series (AR)	19 **10:00 Outing: Walmart (Sign-up required)** **10:30** Zumba with Linn (ER) **12:30** Hangman (ML) **2:30** Cafe Sip & Chat with Chef Leona **7:15** Euchre Club (ML)	20 **10:30** Bible Study (AR) **10:30** Theraband Exercise with Shane (ER) **12:30** Sing Along with Sarah (ML) **2:30** Loonie Bingo (AR)	21 **Foot Care Clinic with Dr. Barbara** (MR) (sign-up at front desk) **9:00** Cranium Crunches (see front desk) **2:30** Peter on Piano (ML)
22 **11:00** Sunday Rosary (3rd floor lounge) **2:30** Sunday Social (ML)	23 **10:15** Pretty Polish (sign-up required)(AR) **12:30** Bean Bag Toss (ML) **2:15** Afternoon Exercise with VON (ER) **3:00** Chocolate Bar Bingo (AR)	24 **10:00 Outing: Giant Tiger (Sign-up required)** **10:30**Tai Chi (ER) **10:45** Friendly Visits (ML) **12:30** Racquet Balloon (ML) **2:30** Birthday Party Happy Hour & Music with Paula French (AR)	25 **10:15** Xbox Bowling (AR) **10:30** Stretch & Strengthen (ER) **12:30** Get to know your neighbour (ML) **2:30 Town Hall Meeting** (ER) **3:30** Senior Scholars Health Series (AR)	26 **10:00 Outing: University Plaza (Sign-up required)** **10:30** Zumba with Linn (ER) **2:15** Matinee Movie: Casablanca (AR) **2:30** Acrylic Painting(MR) **7:15** Euchre Club (ML)	27 **10:30** Theraband Exercise with Shane (ER) **10:30** Bible Study (AR) **12:30** Category Grid (ML) **2:30** Loonie Bingo (AR) **7:15 Karaoke Pub Night** (AR)	28 **9:00** Cranium Crunches (see front desk) **2:30** Concierge's Choice (ML)
29 **11:00** Sunday Rosary (3rd floor lounge) **2:30** Sunday Social (ML)	30 **Brant Arts Walker Clinic (AR) (sign-up at front desk)** **10:15** Pretty Polish (AR) **12:30** Bean Bag Toss (ML) **2:15** Afternoon Exercise with VON (ER) **3:00** Chocolate Bar Bingo (AR)	Pink - Exercise Room (ER) Green - Main Lounge (ML) Purple - Meeting Room (MR) Brown - Chapel (C) Orange - Activity Room (AR) Blue - Entertainment Red - Outings (sign-up required) Light Blue - Patio (P)				

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