



DECEMBER 2023

ABERDEEN NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 NEW YEARS EVE 8:30 Breakfast 9:30 RC TV Church 10:15 TV Church 12:00 Lunch 3:30 New Years Social Music with Kevin Coates 5:00 Dinner					1 8:30 Breakfast 10:00 Exercises 11:00 Brains & Banter 12:00 Lunch 2:00 Church Service 3:00 For the Fun of Fit 5:00 Dinner	2 8:30 Breakfast 10:00 Bingo 12:00 Lunch 2:00 Express Yourself 3:30 You & Me 5:00 Dinner
3 8:30 Breakfast 9:30 RC TV Church 10:15 TV Church 12:00 Lunch 2:00 Manicures 5:00 Dinner	4. 8:30 Breakfast 10:15 –2:15 Lunch Outing-Schmidtsville 12:00 Lunch 3:00 Fun & Fitness 5:00 Dinner	5 Christmas Sweater/Scrubs Timbit Day 8:30 Breakfast 10:00 For The Spirit 12:00 Lunch 2:00 For the Fun of Fit 3:30 Book Club 5:00 Dinner 5:45 Christmas Light Tour	6 8:30 Breakfast 9:45 Zumba 10:00 Total Body Fitness 12:00 Lunch 1:45 Bell Choir 2:30 Music Therapy 5:00 Dinner	7 8:30 Breakfast 9:30 In The Kitchen “Sugar Cookies” 12:00 Lunch 1:30 Express Yourself 2:30 You & Me 5:00 Dinner	8 8:30 Breakfast 10:00 Exercises 11:00 Brains & Banter 12:00 Lunch 2:00 Church Service 3:00 You & Me 5:00 Dinner	9 8:30 Breakfast 10:00 Bingo 12:00 Lunch: 2:30 Children String school performance 5:00 Dinner
10 8:30 Breakfast 9:30 RC TV Church 10:15 TV Church 12:00 Lunch 2:00 Salvation Army 2:00 For The Fun of Fit 3:30 Manicures 5:00 Dinner	11 8:30 Breakfast 10:00 Exercises 11:00 You & Me 12:00 Lunch 2:30 Caribbean Christmas Steel Band 3:00 Fun & Fitness 5:00 Dinner	12 Christmas Sweater/Scrubs 8:30 Breakfast 10:00 For The Spirit 12:00 Lunch 2:30 RIA Music Concert 3:30 Mobile Store 5:00 Dinner 6:00 Card Game	13 8:30 Breakfast 9:45 Zumba 10:00 Total Body Fitness 11:00 Hymn Sing 12:00 Lunch 1:45 Bell Choir 2:30 Music Therapy 5:00 Dinner	14 Christmas Dress Down Day 8:30 Breakfast 12:00 Lunch 2:15 Express Yourself 3:30 You & ME 5:15 Christmas Dinner Music with Manvir	15 8:30 Breakfast 9:45 Exercises 10:30 RC Comm 12:00 Lunch 2:00 Children’s School Visit 5:00 Dinner	16 Swiss Chalet Luncheon 8:30 Breakfast 10:00 Bingo 12:00 Lunch 2:00 Birthday Sing-a-long ST 2:30 Movie Matinee 3:30 You & Me 5:00 Dinner
17 8:30 Breakfast 9:30 RC TV Church 10:15 TV Church 12:00 Lunch 2:00 Kitchener Gospel Hall ST 3:30 Manicures 5:00 Dinner	18 8:30 Breakfast 10:00 –2:00 Outing Conestoga Mall Park Mall 12:00 Lunch 1:45 Food Committee (Kingsdale) 3:00 Fun & Fitness 5:00 Dinner	19 Christmas Sweater/Scrubs 8:30 Breakfast 10:00 For The Spirit 12:00 Lunch 2:00 For the Fun of Fit 3:30 Book Club 5:00 Dinner 6:00 Sugar Cookie Decorating	20 Christmas Socks 8:30 Breakfast 10:00 Kingsdale Chime Concert 10:00 Total Body Fitness 11:00 Hymn Sing 12:00 Lunch 2:00 Aberdeen Chime Concert 5:00 Dinner	21 Christmas Tie/Scarf 8:30 Breakfast 11:45 Bingo Luncheon 12:00 Lunch 2:30 Stepping Out 3:00 WP Retirement Choir 5:00 Dinner	22 Christmas Hat/Antlers 8:30 Christmas Breakfast 10:00 Exercises 11:00 Brains & Banter 12:00 Lunch 2:00 Church Service 2:45 Polar Express 5:00 Dinner	23 Christmas PJ’S 8:30 Breakfast 10:00 Bingo 12:00 Lunch 2:00 Manicures 5:00 Dinner
24 Christmas Eve Red or Green Day 8:30 Breakfast 9:30 RC TV Church 10:15 TV Church 12:00 Lunch 1:30 Apostolic Hymn Sing 5:00 Dinner	25 Christmas Day 8:30 Breakfast 10:00 Santa Visits 12:00 Lunch 2:00 Christmas Social “Mulled Apple Cider & Treats” 5:00 Dinner	26 BOXING DAY 8:30 Breakfast 10:00 For The Spirit 12:00 Lunch 2:00 Board Game 3:30 Book Club 5:00 Dinner 6:00 Card Game	27 8:30 Breakfast 9:45 Zumba 10:00 Total Body Fitness 11:00 Hymn Sing 12:00 Lunch 2:30 Resident Meeting 3:30 Mobile Store 5:00 Dinner	28 8:30 Breakfast 10:00 Residents Council 12:00 Lunch 2:00 Manicures 3:30 Hand Massages 5:00 Dinner	29 8:30 Breakfast 10:00 Exercises 11:00 Brains & Banter 12:00 Lunch 2:00 You and Me 3:00 For the Fun of Fit 5:00 Dinner	30 8:30 Breakfast 10:00 Bingo 12:00 Lunch 2:00 Movie Matinee 3:30 You & Me 5:00 Dinner
New Year’s Eve above						