

OCTOBER 2022 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time Jig Saw 3:00 Movie (Channel 512)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE				1 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	2 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
3 10:00 Coffee Club 10:30 Exercise to Music 11:00 Art 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)	4 10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	5 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	6 10:00 Coffee Club 10:30 Exercise 11:00 Presbyterian C/Service 1:30 Jewellery 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	7 10:00 Coffee Club 10:30 Exercise 11:00 Entertainment - Daniel 2:00 Oktober Fest 2:00 Painting 3:00 Movie (Channel 512) Oktober Fest & World Smile Day	8 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512)	9 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)
10 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 11:00 Men's Discussion Grp 1:30 Word Games 2:00 Puzzle time 3:00 Movie (Channel 512)	11 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Knitting Class 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	12 10:00 Coffee Club 10:30 Exercise to Music 11:00 Cooking Demo 11:00 Helen - Pastoral care 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	13 10:00 Coffee Club 11:00 Welcome Morning Tea 1:30 Entertainment - Juliet 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	14 10:00 Coffee Club 10:30 Exercise 11:00 Bingo 1:30 Jewellery 2:00 Colouring 3:00 Movie (Channel 512) 3:00 Happy Hour	15 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	16 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
17 10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)	18 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 3:00 Anglican C/ Service 3:00 Movie (Channel 512)	19 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Bible Study Group 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	20 10:00 Coffee Club 10:30 Exercise 11:00 Catholic Church Service 1:30 Story Circle 2:00 Cooking Demo 3:00 Movie (Channel 512)	21 10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Entertainment - Hugh 2:00 Painting 3:00 Movie (Channel 512)	22 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512)	23 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)
24 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time Jig Saw 3:00 Movie (Channel 512)	25 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Entertainment - Lisa 2:00 Sing Along 3:00 Movie (Channel 512)	26 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	27 10:00 Coffee Club 10:30 Exercise 11:00 Armchair Travel 1:30 Trivia 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	28 10:00 Coffee Club 10:30 Exercise 11:00 Resident Meeting 1:30 Jewellery 2:00 Colouring 3:00 Movie (Channel 512) 3:00 Happy Hour	29 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	30 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)