



THOMPSON
HEALTH CARE

SEPTEMBER 2025 ACTIVITY CALENDAR-WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)	2 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Carpet Bowls 2:45 Anglian O/Service 3:00 Movie (Channel 512)	3 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 11:00 Pastoral Care 1:30 Cognitive Activity 1:30 Music Therapy 3:00 Movie (Channel 512)	4 10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Jewellery 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	5 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bible Studies 1:30 Entertainment - Dan 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)	6 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	7 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Bingo 3:00 Movie (Channel 512) FATHER'S DAY		
8 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Carpet Bowls 1:30 Word Flip (B) 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) MEN'S LUNCH	9 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia © 2:00 Sing A Long 2:45 Anglian O/Service 3:00 Movie (Channel 512)	10 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Singalong 1:30 Music Therapy 3:00 Movie (Channel 512) MEN'S LUNCH	11 10:00 Coffee Club 10:15 Exercise to Music 11:00 Arts & Craft 1:30 Entertainment - Eileen 2:30 Art & Craft 2:45 Catholic O/L Service 3:00 Movie (Channel 512) R U OK day	12 10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Newspaper Reading 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)	13 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	14 10:00 Coffee Club 11:00 Church Service 1:15 Podcast Discussion 2:00 Bingo 3:00 Movie (Channel 512)		
15 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)	16 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Carpet Bowls 2:45 Anglian C/Service 3:00 Movie (Channel 512)	17 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activity 1:30 Music Therapy 3:00 Movie (Channel 512)	18 10:00 Coffee Club 11:00 Welcome Morning Tea 11:00 Catholic C/Service 1:30 Entertainment - Murray 2:00 Balloon tennis 3:00 Movie (Channel 512)	19 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Story Circle 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)	20 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	21 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Bingo 3:00 Movie (Channel 512)		
22 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Carpet Bowls 1:30 Word Flip © 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)	23 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia (B) 2:00 Sing A Long 2:45 Anglian O/Service 3:00 Movie (Channel 512)	24 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Singalong 1:30 Music Therapy 3:00 Movie (Channel 512)	25 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment -Hugh 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	26 10:00 Coffee Club 10:15 Exercise to Music 11:00 Barker Visit 1:30 Armchair Travel 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)	27 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	28 10:00 Coffee Club 11:00 Church Service 1:15 Podcast Discussion 2:00 Bingo 3:00 Movie (Channel 512)		
29 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)	30 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Carpet Bowls 2:45 Anglian O/Service 3:00 Movie (Channel 512)	31 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activity 1:30 Music Therapy 3:00 Movie (Channel 512)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	Wattle Activities Pain Clinic:Tue & Fri 11:00AM Bus Trips : Mon, Wed, Fri Hair Dresser :Wed,Thu & Fri Room Visits :Mon - Fri Carpet Bowls - By invitation Foot Spa - By invitation	 FATHER'S DAY (7TH)		 R U OK Day (11TH)	