

FEBRUARY 2023 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.00 Meditation 10.45 Book Club 2.00 Bingo 	2 UKULELE DAY 10.45 Interdenominational Church Service (Argyle) 2.00 Tenpin Bowling	3 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz 3.30 Jenny on Piano	4	5
6 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	7 CHARLES DICKENS' BIRTHDAY 10.00 Meditation 10.00 C2bMe Group Activity 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Art & Craft	8 10.00 Meditation 10.30 Armchair Travel 2.00 Bingo	9 10.45 Interdenominational Church Service (Argyle) 2.00 Balloon Buffoonery	10 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation 	11	12
13 WORLD RADIO DAY 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Tai Chi with Ruth 2.00 Walks & Talks 3.00 One on One Room Visits	14 VALENTINE'S DAY 10.00 Meditation 10.45 Resident Meeting 2.00 Valentine's Day High Tea (Coffee Shop) 	15 10.00 Meditation 10.30 Relative Meeting 10.45 Quiz 2.00 Bingo 2.30 Lochinvar High Tea	16 KISS A GINGER DAY 10.45 Interdenominational Church Service (Argyle) 2.00 Putt-Putt Golf	17 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Big Balls 3.30 Jenny on Piano	18	19
20 10.00 Meditation 10.30 ABE. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	21 PANCAKE DAY 10.00 Meditation 10.00 C2bMe Group Activity 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Art & Craft	22 10.00 Meditation 10.45 February Thru History 2.00 Bingo	23 10.45 Interdenominational Church Service (Argyle) 2.00 Virtual Quiz 	24 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Nerf Gun Fun	25	26
27 POLAR BEAR DAY 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Tai Chi with Ruth 2.00 Walks & Talks 3.00 One on One Room Visits	28 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel 			MONDAY TO FRIDAY ON CHANNEL 350: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 	DUE TO UNFORESEEN CIRCUMSTANCES, SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.	