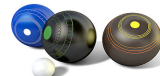
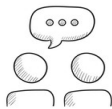


NOVEMBER 2022 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.00 Meditation 2.00 Melbourne Cup 3.00 Race Starts 	2 10.00 Meditation 10.45 Book Club 2.00 Bingo	3 10.45 Interdenominational Church Service (Argyle) 2.00 Carpet Bowls 	4 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz 3.30 Jenny on Piano	5	6
7 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	8 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Armchair Travel 	9 10.00 Meditation 10.30 Relative Meeting 11.00 Spa Day - MAP. 2.00 Bingo 2.30 Lochinvar High Tea	10 10.45 Interdenominational Church Service (Argyle) 2.00 Shane the Magic Jester 	11 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Remembrance Service 	12	13
14 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	15 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel	16 10.00 Meditation 10.45 Book Club 11.00 Spa Day - MAG. 2.00 Bingo	17 10.45 Interdenominational Church Service (Argyle) 2.00 Balloon Buffoonery 	18 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Virtual Quiz 3.30 Jenny on Piano	19	20
21 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	22 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Putt-Putt Golf 	23 10.00 Meditation 10.45 Singalong 11.00 Spa Day - ABE. 2.00 Bingo	24 10.45 St Andrew's Cathedral Service (Argyle) 2.00 Relaxing Colouring & Afternoon Tea	25 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.30 Coffee Shop Socialisation	26	27
28 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	29 10.00 Meditation 10.45 Smile & Sway 2.00 November Thru History 2.30 Art & Craft	30 10.00 Meditation 10.30 Xmas Tree Decorating & Morning Tea 11.00 Spa Day - LOC. 2.00 Bingo		MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 		DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE