

Abbey House Activity Planner - December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.	Wing Activity Locations MAPLE LOCATIONS: Inverloch Lounge and Maple Dining MAGNOLIA LOCATIONS: Bonnie Doon Lounge, Fitzroy Lounge and Magnolia Dining ABERDEEN LOCATIONS: Orkney Lounge, St Andrews Lounge and Aberdeen Dining	1 10.30 St Andrew's Cathedral Service (Argyle) 2.00 Virtual Quiz Competition	2 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation 3.30 Jenny on Piano	3	4
5 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	6 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Bingo	7 10.00 Meditation 10.30 Xmas Tree Decorating & Morning Tea 11.00 Spa Day - MAP. 1.30 Clayton's Pharmacy Pop-Up Shop	8 11.00 Carols with the Frensham Girls 2.00 Relaxing Colouring & Afternoon Tea	9 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Word Target	10	11
12 CHRISTMAS WEEK PREPARATION	13 MAPLE CHRISTMAS LUNCH * 12PM START *	14 MAGNOLIA CHRISTMAS LUNCH * 12PM START *	15 ABERDEEN CHRISTMAS LUNCH * 12PM START *	16 LOCHINVAR CHRISTMAS LUNCH * 12PM START *	17	18
19 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	20 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip	21 10.00 Meditation 10.30 Relative Meeting 11.00 Spa Day - MAG. 2.00 Bingo	22 10.45 Interdenominational Church Service (Argyle) 2.00 Funny Money Shoppe	23 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation	24 CHRISTMAS EVE	25 CHRISTMAS DAY 
26 BOXING DAY 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	27 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Art & Craft	28 10.00 Meditation 11.00 Spa Day - ABE. 2.00 Bingo	29 10.45 Interdenominational Church Service (Argyle)	30 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz	31 NEW YEAR'S EVE	Jan-01 NEW YEAR'S DAY 