



AUGUST 2022 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Walks & Talks 3.00 One / One Room Visits	2 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel 2.45 One / One Room Visits	3 10.00 Meditation 10.45 Book Club 11.00 Spa Day - MAP. 2.00 Putt Putt Golf	4 10.45 Interdenominational Church Service (Argyle) 2.00 Bingo 3.00 NRL Footy Tipping	5 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation	6	7
8 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Ball Games	9 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Armchair Travel 2.45 One / One Room Visits	10 10.00 Meditation 10.30 Relative Meeting 2.00 Bingo	11 10.45 Interdenominational Church Service (Argyle) 2.00 Concert 3.00 NRL Footy Tipping	12 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation	13	14
15 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Walks & Talks 3.00 One / One Room Visits	16 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel 2.45 One / One Room Visits	17 10.00 Meditation 10.45 Book Club 2.00 Art & Craft 2.30 LOC. High Tea	18 10.45 Interdenominational Church Service (Argyle) 11.00 Spa Day - MAG. 2.00 Bingo 3.00 NRL Footy Tipping	19 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation	20	21
22 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Balloon Buffoonery	23 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel 2.45 One / One Room Visits	24 10.00 Meditation 10.45 Word Target 2.00 Relaxing Colouring - MAP. 2.00 Puzzles - MAG. 2.00 Quiz Contest - ABE.	25 10.45 Interdenominational Church Service (Argyle) 2.00 Bingo 3.00 NRL Footy Tipping	26 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Coffee Shop Socialisation	27	28
29 10.00 Meditation 10.30 MAP. Food Meeting 2.00 Walks & Talks 3.00 One / One Room Visits	30 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel 2.45 One / One Room Visits	31 10.00 Meditation 10.45 Book Club 11.00 Spa Day - ABE. 2.00 Uruguayan Happy Hour				DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE