JULY 2022 ACTIVITY PLANNER

Abbey House

MON	TUE	WED	THUR	FRI	SAT	SUN
●	●	●	●	**1** 10.30 Coffee Shop 10.45 Exercise Class 1.00 Knitting Group 2.00 Bingo	**2**	**3**
4 10.00 Meditation 10.30 Coffee Shop 10.30 MAP. Food Meeting 2.00 NAIDOC Flag Raising 3.00 NAIDOC Talk	**5** 10.00 Meditation 10.30 Coffee Shop 2.00 NAIDOC Art & Craft	**6** 10.00 Meditation 10.30 Coffee Shop 2.00 Board Games 2.00 Relaxing Colouring 2.00 NAIDOC Quiz	**7** 10.30 Coffee Shop 10.45 Church Service 2.00 Balloon Buffoonery 3.00 NRL Footy Tipping	**8** 10.30 Coffee Shop 10.45 Exercise Class 1.00 Knitting Group 2.00 Bingo	**9**	**10**
11 10.00 Meditation 10.30 Coffee Shop 10.30 MAG. Food Meeting 2.00 Walks & Talks 3.00 One / One Room Visits	**12** 10.00 Meditation 10.30 Coffee Shop 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Doc. & Chips 2.45 One / One Room Visits	**13** 10.00 Meditation 10.30 Coffee Shop 10.30 Relative Meeting 2.00 Armchair Travel 2.00 Month In History 2.00 Word Target	**14** 10.30 Coffee Shop 10.45 Church Service 2.00 Concert 3.00 NRL Footy Tipping	**15** 10.30 Coffee Shop 10.45 Exercise Class 1.00 Knitting Group 2.00 Bingo 2.30 Pet Therapy	**16**	**17**
18 10.00 Meditation 10.30 Coffee Shop 10.30 ABE. Food Meeting 2.00 Plane Madness 3.00 One / One Room Visits	**19** 10.00 Meditation 10.30 Coffee Shop 2.00 Scenic Bus Trip 2.30 Movie & Ice Creams 2.45 One / One Room Visits	**20** 10.00 Meditation 10.30 Coffee Shop 2.00 Relaing Colouring 2.00 Board Games 2.00 Rebus Puzzles	**21** 10.30 Coffee Shop 10.45 Church Service 2.00 Pre-Loved Clothing 3.00 NRL Footy Tipping	**22** 10.30 Coffee Shop 10.45 Exercise Class 1.00 Knitting Group 2.00 Bingo	**23**	**24**
25 10.00 Meditation 10.30 Coffee Shop 10.30 LOC. Food Meeting 2.00 Walks & Talks 3.00 One / One Room Visits	**26** 10.00 Meditation 10.30 Coffee Shop 2.00 Scenic Bus Trip 2.30 Art & Craft	**27** 10.00 Meditation 10.30 Coffee Shop 2.00 Word Games 2.00 Armchair Travel 2.00 Crosswords	**28** 10.30 Coffee Shop 10.45 Church Service 2.00 Nerf Gun Fun 3.00 NRL Footy Tipping	**29** 10.30 Coffee Shop 10.45 Exercise Class 1.00 Knitting Group 2.00 Bingo	**30**	**31**

DUE TO UNFORESEEN CIRCUMSTANCES,

SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.

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THOMPSON
HEALTH CARE