

MAY 2022 ACTIVITY PLANNER

Abbey House

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|--|--|---|--|-----------|-----------|
| 10.00 Meditation 30 2.00 Ball Games | 10.00 Meditation 31 10.45 Word Target 2.00 Month In History | ● | ● | ● | ● | 1 |
| 10.00 Meditation 2 10.30 Maple Food Meeting 2.00 Walks & Talks | 10.00 Meditation 3 10.45 Word Target 2.00 Scenic Bus Trip 2.30 Documentary & Chips | 10.00 Meditation 4 10.45 Tai Chi 2.00 Relaxing Colouring In 2.00 Word Games 2.00 Book Club | 10.45 Interdenominational Church Service 5 2.00 Nerf Gun Fun 3.00 NRL Footy Tipping | 10.45 Exercise Class 6 2.00 Bingo 2.30 Pet Therapy | 7 | 8 |
| 10.00 Meditation 9 10.30 Magnolia Food Meeting 2.00 Mother's Day High Tea | 10.00 Meditation 10 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Art & Craft | 10.00 Meditation 11 10.30 Armchair Travel 2.00 Board Games 2.00 Short Stories 2.00 Quiz | 10.45 Interdenominational Church Service 12 2.00 Putt Putt Golf 3.00 NRL Footy Tipping | 10.45 Exercise Class 13 2.00 Bingo | 14 | 15 |
| 10.00 Meditation 16 10.30 Aberdeen Food Meeting 2.00 Walks & Talks | 10.00 Meditation 17 10.45 Word Target 2.00 Scenic Bus Trip 2.30 Movie & Ice Creams | 10.00 Meditation 18 10.45 Tai Chi 2.00 Relaxing Colouring In 2.00 Crosswords 2.00 Book Club | 10.45 Interdenominational Church Service 19 2.00 Ice Cream Sundae Bar 3.00 NRL Footy Tipping | 10.45 Exercise Class 20 2.00 Bingo 2.30 Pet Therapy | 21 | 22 |
| 10.00 Meditation 23 10.30 SCU Food Meeting 2.00 Tic Tac Trivia | 10.00 Meditation 24 10.45 Rebus Puzzles 2.00 Scenic Bus Trip 2.30 Art & Craft | 10.00 Meditation 25 10.30 Armchair Travel 2.00 Word Games 2.00 Board Games 2.00 Quiz | 10.45 Interdenominational Church Service 26 2.00 Tenpin Bowling 2.30 NRL Footy Tipping | 10.45 Exercise Class 27 2.00 Australia's Biggest Morning Tea | 28 | 29 |

DUE TO UNFORESEEN CIRCUMSTANCES,

SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.

