

Abbey House Activity Planner - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HALLOWEEN 31 10.00 Meditation 10.45 Word Target  2.00 Walks & Talks 3.00 One on One Room Visits S-	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	MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 		VEGETARIAN DAY 1 	NRL GRAND FINAL 2 
LABOUR DAY 3  10.00 Meditation 10.30 MAP. Food Meeting 10.45 Word Target 2.00 Virtual Quiz Competition 3.00 One on One Room Visits K-	ANIMAL DAY 4  10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Balloon Buffoonery 	TEACHERS DAY 5  10.00 Meditation 10.00 Lochinvar Cooking Demo 11.00 Spa Day - MAP. 2.00 Bingo 	 10.45 Interdenominational Church Service (Argyle) 2.00 Tenpin Bowling 	ODD SOCKS DAY 7 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Ainsley Collection 		WORLD ANIMAL DAY 9 
HAT DAY 10  10.00 Meditation 10.30 MAG. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	10.00 Meditation 10.45 Resident Meeting 11.00 OPAN Presentation 2.00 Scenic Bus Trip 2.30 Armchair Travel 	ARTHRITIS DAY 12  10.00 Meditation 10.30 Relative Meeting 11.00 Spa Day - MAG. 2.00 Bingo 2.30 Lochinvar High Tea	10.45 Interdenominational Church Service (Argyle) 2.00 Oktoberfest Happy Hour 	10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Putt-Putt Golf  D- K+	MUSHROOM DAY 15 	16 
10.00 Meditation 10.30 ABE. Food Meeting 2.00 Word Target 3.00 One on One Room Visits D-	10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Art & Craft 	10.00 Meditation 10.45 Book Club 11.00 Spa Day - ABE. 2.00 Bingo 	10.45 Interdenominational Church Service (Argyle) 2.00 Folk Dancers 	LOUD SHIRT DAY 21 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz  S-	22 	23 
DIWALI 24  10.00 Meditation 10.30 LOC. Food Meeting 2.00 Word Target 3.00 One on One Room Visits S-	10.00 Meditation 10.45 Smile & Sway  2.00 Scenic Bus Trip 2.30 October In History 	10.00 Meditation 10.45 Current Affairs & Reminiscing 11.00 Spa Day - LOC. 2.00 Bingo 	10.45 Interdenominational Church Service (Argyle) 2.00 Virtual Quiz Competition 	BANDANNA DAY 28 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.30 Halloween Coffee Shop Socialisation  S- K+	29 	30 