

# JANUARY 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p><b>Other Activities</b></p> <p><b>Wattle Activities</b></p> <p>Pain Clinic : Mon &amp; Fri Bus Trips : Mon, Wed Hair Dresser: Tue-Fri Room Visits: Mon-Fri</p>			<p>It's International Hug Day...</p>  <p>So I thought of sending you a cuddly wuddly hug to make you feel special today!</p>		<p>1</p> <p>10:00 Coffee Club 11:00 Songs Of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
2	3	4	5	6	7	8
<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Art 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Bible Study Group 1:30 Entertainment - Daniel 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs Of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
9	10	11	12	13	14	15
<p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Men's Discussion Grp 11:00 Foot Spa 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Cooking Demo 1:30 Entertainment - Hugh 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Art 1:30 Armchair Travel 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs Of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
16	17	18	19	20	21	22
<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia Comp 2:00 Sing Along 3:00 Anglican C/Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Welcome Morning Tea 11:00 Catholic C/Service 2:00 Cooking Demo 1:30 Story Circle 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Entertainment - Muray 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs Of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
					International Hug Day	Chinese New Year
23	24	25	26	27	28	29
<p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Knitting Club 1:30 Jewellery 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 11:00 Resident Meeting 1:30 Entertainment - Ross 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs Of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
			Australia Day			