

























Abbey House Social Support Calendar - August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONDAY TO FRIDAY ON CHANNEL 111: 10.00 Seated Exercise 10.30 Seated Tai Chi 10.45 Relaxing Meditation 2.00 Afternoon Movie			DUE TO UNFORESEEN CIRCUMSTANCES, ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.	 1 10.45 Physio Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Brain Teasers (Argyle)	2  12.00 Maple BBQ Lunch	3  10.00 Activities on Channel 111 1.30 Movie on Channel 111
4	5	6	7	8	Sanskrit Day 9	10
9am-12.15 Café Social Support 10.45 Walks & Talks (weather permitting) 2.00 Word Target (in Aberdeen) 2.00 Crosswords (in Magnolia) 4.00 One on One Room Visits 1pm-4.30 Café Social Support	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle)  2.00 Piano Concert with Damien (Argyle)	10am-11.30 Café Social Support 10.00 Meditation 10.30 Craft in the Café 2.00 Global Quiz Competition (Argyle) 	10am-11.30 Café Social Support 10.30 Ladies Collage Club (Café)  12.00 Maple Omelettes 2.00 Violin Concert with Hayden (Argyle) 4.00 NRL Footy Tipping	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiard Room) 	9am-12.15 Café Social Support  12.00 Aberdeen BBQ Lunch 1pm-4.30 Café Social Support	9am-12.15 Café Social Support  10.00 Activities on Channel 111 1.30 Movie on Channel 111 1pm-4.30 Café Social Support
11	Thailand Queen's BD 12	Obon Festival 13	Lizard Day 14	Indian Indep. Day 15	Rum Day 16	17
9am-12.15 Café Social Support 10.30 Food Meeting with Chef DJ (Argyle) 2.00 Bingo (Magnolia Dining) 2.30 Paws Pet Therapy Visits 4.00 One on One Room Visits 1pm-4.30 Café Social Support	10am-11.30 Café Social Support 10.30 Resident Meeting (Argyle)  2.00 Global Quiz (Bonus) (Argyle) 	10am-11.30 Café Social Support 10.30 Seniors Rights Service Visit (Café) 10.30 Relative Meeting 2.00 Nerf Gun Fun (Argyle) 	10am-11.30 Café Social Support 10.45 Catholic Service (Chapel) 12.00 Aberdeen Omelettes 1.30 Movie in the Cinema 2.00 Scenic Bus Trip 4.00 NRL Footy Tipping	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle)  1.30 Knitting Group (Fitzroy) 2.00 Brain Teasers (Argyle) 3.00 Piano Concert with Jenny	9am-12.15 Café Social Support  12.00 Magnolia BBQ Lunch 1pm-4.30 Café Social Support	9am-12.15 Café Social Support  10.00 Activities on Channel 111 1.30 Movie on Channel 111 1pm-4.30 Café Social Support
18	Potato Day 19	20	Daffodil Day 21	22	23	24
9am-12.15 Café Social Support 10.30 'Ukes in the Mist' Ukulele Singing Group (in the Argyle Lounge) 2.00 Multicultural Happy Hour (Argyle) 1pm-4.30 Café Social Support	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle)  2.00 Ainsley Collection Pop-Up Shop (Argyle)	10am-11.30 Café Social Support 10.00 Meditation 10.30 Craft in the Café  2.00 Global Word Flip Comp. (Argyle)	10am-11.30 Café Social Support 10.00 Uniting Church Service (Chapel)  12.00 Magnolia Omelettes 2.00 Abbey Men's Club (Billiard Room) 4.00 NRL Footy Tipping	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle)  1.30 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiard Room)	9am-12.15 Café Social Support  12.00 Maple BBQ Lunch 1pm-4.30 Café Social Support	9am-12.15 Café Social Support  10.00 Activities on Channel 111 1.30 Movie on Channel 111 1pm-4.30 Café Social Support
25	Dog Day 26	27	28	29	30	31
9am-12.15 Café Social Support 10.30 Food Meeting with Chef DJ (Argyle) 2.00 Word Target (in Aberdeen) 2.00 Crosswords (in Magnolia) 2.30 Paws Pet Therapy Visits 4.00 One on One Room Visits 1pm-4.30 Café Social Support	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle) 2.00 Global Word Flip Bonus (Argyle) 	10am-11.30 Café Social Support 10.00 Meditation 10.45 Anglican Service (Chapel)  2.00 Putt-Putt Golf (Argyle) 	10am-11.30 Café Social Support 10.45 Catholic Service (Chapel) 12.00 Maple Omelettes 1.30 Movie in the Cinema 2.00 Scenic Bus Trip 4.00 NRL Footy Tipping	10am-11.30 Café Social Support 10.45 Physio Exercise Class (Argyle)  1.30 Knitting Group (Fitzroy) 2.00 Brain Teasers (Argyle) 3.00 Piano Concert with Jenny	9am-12.15 Café Social Support  12.00 Aberdeen BBQ Lunch 1pm-4.30 Café Social Support	9am-12.15 Café Social Support  10.00 Activities on Channel 111 1.30 Movie on Channel 111 1pm-4.30 Café Social Support