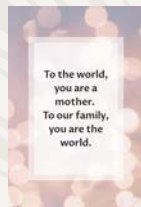


MAY ACTIVITY PLANNER

WAHROONGA HOUSE

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|---|--|---|--|---|--|
| <p>30</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Foot Spa 1:30 Word Game 2:00 Dancing to Music - W 3:00 Movie (Channel 512)</p> | <p>31</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Trivia 2:00 Exercise to Music - W 3:00 Movie (Channel 512)</p> | ● | ● | ● | ● | <p>1</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music - W 3:00 Sundays at the cinema 3:00 Movie (Channel 512)</p> |
| <p>2</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Dancing to Music - W 3:00 Movie (Channel 512)</p> | <p>3</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Exercise to Music - W 3:00 Movie (Channel 512)</p> | <p>4</p> <p>10:00 Coffee Club 10:30 Dance Exercise 11:00 Story Circle 1:30 Cognitive Activity 2:00 Music Therapy - W 3:00 Movie (Channel 512)</p> | <p>5</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Knitting 1:30 Makeovers By invitation 2:00 Sensory Adventure - W 3:00 Movie (Channel 512)</p> | <p>6</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Jewelry 1:30 Entertainment - Murry F 2:00 Painting - W 3:00 Movie (Channel 512)</p> | <p>7</p> <p>10:00 Coffee Club 11:00 Exercise to Music 1:15 Bingo 2:00 Basket Ball - W 3:00 Movie (Channel 512) 3:00 Saturday at the cinema</p> | <p>8</p> <p>10:00 Coffee Club 11:00 Church Service 11:00 Board Games 1:15 Word Games 2:00 Exercise to Music - W 3:00 Movie (Channel 512)</p> |
| <p>9</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Puzzle Time Jig Saw -W 3:00 Movie (Channel 512)</p> | <p>10</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sensory Adventure -W 3:00 Movie (Channel 512)</p> | <p>11</p> <p>10:00 Coffee Club 10:30 Dance Exercise 11:00 Carpet Bowls 1:30 Cognitive Activity 2:00 Music Therapy - W 3:00 Movie (Channel 512)</p> | <p>12</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Knitting 1:30 Entertainment-AllenTrio 2:00 Cooking Demo - W 3:00 Movie (Channel 512)</p> | <p>13</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Jewelry 1:30 Bingo 2:00 Colouring - W 3:00 Movie (Channel 512)</p> | <p>14</p> <p>10:00 Coffee Club 11:00 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)</p> | <p>15</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music - W 3:00 Sundays at the cinema 3:00 Movie (Channel 512)</p> |
| <p>16</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Dancing to Music - W 3:00 Movie (Channel 512)</p> | <p>17</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Trivia 2:00 Sing a long - W 3:00 Movie (Channel 512)</p> | <p>18</p> <p>10:00 Coffee Club 10:30 Dance Exercise 11:00 Cognitive Activity 1:30 Entertainment Hugh M 2:00 Music Therapy - W 3:00 Movie (Channel 512)</p> | <p>19</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Armchair Travel 1:30 Art 2:30 Ball Games -W 3:00 Movie (Channel 512)</p> | <p>20</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Jewelry 1:30 Entertainment - Keff M 2:00 Painting - W 3:00 Movie (Channel 512)</p> | <p>21</p> <p>10:00 Coffee Club 11:00 Exercise to Music 1:15 Bingo 2:00 Basket Ball - W 3:00 Movie (Channel 512)</p> | <p>22</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music - W 3:00 Sundays at the cinema 3:00 Movie (Channel 512)</p> |
| <p>23</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Puzzle Time - W 3:00 Movie (Channel 512)</p> | <p>24</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Trivia 2:00 Hand Manicure - W 3:00 Movie (Channel 512)</p> | <p>25</p> <p>10:00 Coffee Club 10:30 Dance Exercise 11:00 Bingo 1:30 Cognitive Activity 2:00 Music Therapy - W 3:00 Movie (Channel 512)</p> | <p>26</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Welcome Morning Tea 1:30 Cooking Demonstration 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)</p> | <p>27</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Jewelry 1:30 Residents Meeting 2:00 Colouring - W 3:00 Movie (Channel 512)</p> | <p>28</p> <p>10:00 Coffee Club 11:00 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis - W 3:00 Movie (Channel 512) 3:00 Saturday at the Cinema</p> | <p>29</p> <p>10:00 Coffee Club 11:00 Church Service 11:00 Board Games 1:15 Trivia 2:00 Exercise to Music - W 3:00 Movie (Channel 512)</p> |



Happy Hour: Fridays at 3:00
 Bus Trips: Mon, Tue & Fri
 Cognitive Activities & Room Visits Mon-Fri
 Hair Dresser: Mon & Wed
 St Swithens Online Services Tuesdays 2:30
 Hornsby Online Services Thursday 2:30
 St Swithens Church Service 17th at 3:15
 Hornsby Catholic Church Service 4th at 11
 Presbyterian Church Service 5th at 11am

