

2025 SEPTEMBER ACTIVITY CALENDAR - TERREY HILLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>11.00 am Exercise Class Chair Dance & Meditation 2.00 pm Quiz 2.00 pm Carpet Bowls 2.00 pm Music therapy with Josh In Rooms</p>	<p>2</p> <p>11.00am Exercise Class 11.00am Mass Catholic 2.00 pm Armchair Travel 2.00 pm Bingo 2.00 pm Movie Cinema</p> 	<p>3</p> <p>11.00am Exercise DVD 11.00am Church Service 1.40 pm School Visit 2.00 pm Rummy Kub 2.00 pm Movie Cinema 4.00 pm Music with Adam In Wattle</p>	<p>4</p> <p>11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Craft 2.00 pm Movie Cinema</p> 	<p>5</p> <p>11.00 am Exercise Class 2.00 pm Choir 2.30 pm Entertainment & Happy Hour 2.00 pm Movie Cinema</p> 	<p>6</p> <p>11.15 am Musical DVD 2.00 pm Knit/Purl Group 2.00 pm Carpet Bowls 2.00 pm Movie Cinema</p> 	<p>7</p> <p>10.15 am Coffee & Chat 11.30 am Songs of Praise 2.00 pm Father's Day Tea & Games 2.00 pm Catholic Mass</p> 
<p>8</p> <p>11.00 am Exercise Class Chair Dance & Meditation 2.00 pm Quiz 2.00 pm Carpet Bowls 2.00 pm Movie Cinema 2.00 pm Music therapy with Josh Group Session</p>	<p>9</p> <p>11.00am Exercise Class 2.00 pm Craft Class 2.00 pm Bingo 2.00 pm Movie Cinema</p> 	<p>10</p> <p>11.00am Exercise DVD 1.40 pm School Visit 2.00 pm Rummy Kub 2.00 pm Movie Cinema 2.30 pm Men's Group with David Haddad</p> 	<p>11</p> <p>11.00 am Exercise Class 2.00 pm Mobile Library 2.00 pm Talk on RU OK 2.00 pm Movie Cinema</p> 	<p>12</p> <p>10.30 am Coffee Shop 11.00 am Exercise Physio 2.00 pm Rosary 2.30 pm Entertainment & Happy Hour 2.00 pm Movie Cinema</p>	<p>13</p> <p>1.15 am Musical DVD 2.00 pm Craft 2.00 pm Carpet Bowls 2.00 pm Movie Cinema</p> 	<p>14</p> <p>10.15 am Coffee and Chat 11.30 am Songs of Praise 2.00 pm Trivia with June 2.00 pm Catholic Mass 2.00 pm Movie Cinema</p> 
<p>15</p> <p>11.00 am Exercise Physio Chair Dance & Meditation 2.00 pm Tea & Trivia 2.00 pm Carpet Bowls 2.00 pm Movie Cinema 2.00 pm Music therapy with Josh In Rooms</p>	<p>16</p> <p>11.15 am Exercise Class 1.00 pm Residents visit NBCS - Tea 2.00 pm Social Painting 2.00 pm Bingo 2.00 pm Movie Cinema</p> 	<p>17</p> <p>11.00am Exercise DVD 1.40 pm School Visit 2.00 pm Pancakes 2.00 pm Movie Cinema 4.00 pm Music with Adam In Wattle</p>	<p>18</p> <p>11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Craft 2.00 pm Movie Cinema</p> 	<p>19</p> <p>11.00 am Exercise Class 2.00 pm Choir 2.30 pm Entertainment & Happy Hour 2.00 pm Movie Cinema</p> 	<p>20</p> <p>11.15 am Musical DVD 2.00 pm Knit/Purl Group 2.00 pm Carpet Bowls 2.00 pm Movie Cinema</p> 	<p>21</p> <p>10.15 am Coffee and Chat 11.30 am Songs of Praise 2.00 pm Trivia with June 2.00 pm Catholic Mass 2.00 pm Movie Cinema</p> 
<p>22</p> <p>11.00 am Exercise Physio Chair Dance & Meditation 2.00 pm Guest Speaker Minh from Pharmacy 2.00 pm Music therapy with Josh Group Session</p>	<p>23</p> <p>11.00am Exercise Physio 2.00 pm Craft Class 2.00 pm Bingo 2.00 pm Movie Cinema</p> 	<p>24</p> <p>11.00 am Exercise DVD 1.40 pm School Visit 2.00 pm Cooking Class 2.00 pm Movie Cinema 2.30 pm Men's Group with David Haddad</p> 	<p>25</p> <p>11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Mobile Library 2.00 pm Movie Cinema</p> 	<p>26</p> <p>11.15 am Exercise DVD 2.00 pm Rosary 2.30 pm Entertainment B'Day of Month 2.00 pm Movie</p> 	<p>27</p> <p>11.15 am Musical DVD 2.00 pm Craft 2.00 pm Carpet Bowls 2.00 pm Movie Cinema</p> 	<p>28</p> <p>10.15 am Coffee and Chat 11.30 am Songs of Praise 2.00 pm Trivia with June 2.00 pm Catholic Mass 2.00 pm Movie Cinema</p> 
<p>29</p> <p>10.30 am Ainslie Fashion 11.00 am Exercise Physio Chair Dance & Meditation 2.00 pm Carpet Bowls 2.00 pm Movie Cinema 2.00 pm Music therapy with Josh In Rooms</p>	<p>30</p> <p>11.00 am Exercise Class 2.00 pm Armchair Travel 2.00 pm Bingo 2.00 pm Movie Cinema</p> 		<p>Room Visits Mon - Sun Bus Trips -Tues & Thurs Happy Hour - Fridays 3 pm Hair Dresser Wed - Thurs Andre Rieu DVD Channel 511 Mon - Fri 4pm *Subject to change at any time</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>We would like to acknowledge the Gadigal people of the Eora Nation, the traditional Custodians of this land, elders both past & present</p>	<p>YOU DON'T ALWAYS NEED A PLAN. SOMETIMES YOU JUST NEED TO BREATHE, TRUST, LET GO, AND SEE WHAT HAPPENS. MANDY HALE</p>