THOMPSON HEALTH CARE

2024 SEPTEMBER ACTIVITY CALENDAR - TERREY HILLS

HEALTH CARE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 11.00 am Exercise Class 2.00 pm Quiz 2.00 pm Carpet Bowls			Extra Activities 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	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	We would like to acknowledge the Gadigal people of the Eora Nation, the traditional Custodians of this land, & pay our respects to elders both past & present	10.15 am Coffee & Chat 11.30 am Songs of Praise 2.00 pm Father's Day Tea 2.00 pm Catholic Mass
2 10.00 am Ainslie Fashion 11.00am Church Service 2.00 pm Quiz 2.00 pm Carpet Bowls 2.00 pm Movie Cinema	11.00am Exercise Class 11.00am Mass Catholic 2.00 pm Craft Class 2.00 pm Bingo 2.00 pm Movie Cinema	3 4 11.00am Exercise Meditation 1.40 pm School Visit 2.00 pm Carpet Bowls 2.00 pm Rumy Kub 2.00 pm Movie Cinema	5 11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Mobile Library 2.00 pm Movie Cinema	6 10.30 am 11.00 am 2.00 pm 2.30 pm 2.30 pm 2.00 pm 2.00 pm 4 mappy Hour 2.00 pm 4 movie Cinema 4 mapsy Hour 4 mapsy	2.00 pm Carpet Bowls	E 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
9 11.15 am Exercise Physio 2.00 pm Tea & Trivia 2.00 pm Carpet Bowls 2.00 pm Movie Cinema	11.15 am Exercise Class 2.00 pm Social Painting 2.00 pm Bingo 2.00 pm Movie Cinema	0 11 11.00am Exercise Meditation 1.40 pm School Visit 2.00 pm Carpet Bowls 2.00 pm Pancakes 2.00 pm Movie Cinema	12 11.00 am Exercise Class 2.00 pm Craft 2.00 pm Talk on RU OK 2.00 pm Movie Cinema We make time to ask	13 11.00 am Exercise Class 2.00 pm Rosary 2.30 pm Entertainment & Happy Hour 2.00 pm Movie Cinema	14 11.15 am Musical DVD 2.00 pm Knit/Purl Group 2.00 pm Carpet Bowls 2.00 pm Movie Cinema	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
16 11.00 am Exercise Physio 2.00 pm Light & Bright 2.00 pm Kinma Kindy 2.00 pm Movie Cinema	1 11.00am Exercise Physio 2.00 pm Craft Class 2.00 pm Bingo 2.00 pm Movie Cinema	7 18 11.00 am Exercise Meditation 1.40 pm School Visit 2.00 pm Movie Cinema 2.00 pm Beyond Blue 2.00 pm Presentation Beyond Blue	19 11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Mobile Library 2.00 pm Movie Cinema	20 10.30 am Mens Group 2.00 pm Rosary 11.15 am Exercise DVD 2.30 pm Entertainment Happy Hour 2.00 pm Movie		22 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 SONGSOF PRAISE
23 11.00 am Exercise Physio 2.00 pm The Biggest 2.00 pm Afternoon Tea 2.00 pm Movie Cinema	2. 11.00 am Exercise Class 2.00 pm Social Painting 2.00 pm Bingo 2.00 pm Movie Cinema	4 25 11.00 am Exercise Meditation 1.40 pm School Visit 2.00 pm Carpet Bowls 2.00 pm Putt Putt Golf 2.00 pm Movie Cinema	26 11.00 am Exercise Class 2.00 pm Bingo 2.00 pm Craft 2.00 pm Movie Cinema	27 11.0 am Exercise Class 2.00 pm Rosary 2.30 pm Entertainment & Birthdays of the Month 2.00 pm Movie Cinema Movie Cinema	28 11.15 am Musical DVD 2.00 pm Knit/Purl Group 2.00 pm Carpet Bowls 2.00 pm Movie Cinema	20 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