

# DECEMBER 2022 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>			1	2	3	4
			10:00 Coffee Club 10:30 Exercise 11:00 Presbyterian C/Service 1:30 Jewellery 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	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)	10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
			5	6	7	8
			10:00 Coffee Club 10:30 Exercise to Music 10:00 Pet Therapy All Floors 11:00 Foot Spa 1:30 Word Games 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise to Music 11:00 Cooking Demo 11:00 Helen - Pastoral care 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 11:00 Craft 1:30 Armchair Travel 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)
9	10	11	12	13	14	15
10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 11:00 Mens Discussion Grp 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)	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)	10:00 Coffee Club 10:30 Exercise to Music 11:00 Entertainment - Ross 2:00 Entertainment - Hugh 2:00 Music Therapy 3:00 Movie (Channel 512) <b>Resident Xmas Party</b>	10:00 Coffee Club 10:30 Exercise 11:00 Welcome Morning Tea 11:00 Carpet Bowls 2:00 One on Ones 1:30 Cognitive Activities 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 11:00 Art 1:30 Jewellery 2:00 Painting 3:00 Xmas Happy Hour 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
16	17	18	19	20	21	22
10:00 Coffee Club 10:30 Exercise to Music 10:00 Pet Therapy All Floors 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 3:00 Anglican C/ Service 3:00 Movie (Channel 512)	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)	10:00 Coffee Club 10:30 Exercise 11:00 Story Circle 1:30 Entertainment - Keff 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 11:00 Balloon Team Tennis 1:30 Jewellery 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512)	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)	10:00 Coffee Club 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)
23	24	25	26	27	28	29
10:00 Coffee Club 10:30 Exercise 11:00 Resident Meeting 1:30 Jewellery 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 11:00 Entertainment- Murray 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)		10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 One on Ones 3:00 Movie (Channel 512)	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)	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)	10:00 Coffee Club 10:30 Exercise 11:00 Knitting 1:30 Craft 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)
30	31					
10:00 Coffee Club 10:30 Exercise 11:00 Resident Meeting 1:30 Jewellery 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)	10:00 Coffee Club 10:30 Exercise 11:00 Entertainment- Murray 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)					