

# JUNE 2025 ACTIVITY CALENDAR - WAHROONGA HOUSE

| Monday                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                            | Friday                                                                                                                                                                               | Saturday                                                                                                                        | Sunday                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <p>30</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Foot Spa<br/>1:30 Word Flip ©<br/>2:00 Afternoon Tea - Cafe<br/>3:00 Movie (Channel 512)</p>                       | <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>                                                                                                        | <p>Wattle Activities</p> <p>Pain Clinic : Wed &amp; Fri 11am<br/>Bus Trips : Mon, Wed, Fri<br/>Hair Dresser : Wed, Thu &amp; Fri<br/>Room Visits : Mon - Fri<br/>Carpet Bowls - By invitation<br/>Foot Spa - By invitation</p> |                                                                                                                                  |                                                                                                   |                                              | <p>1</p> <p>10:00 Coffee Club<br/>11:00 Church Service<br/>1:15 Word Games<br/>2:00 Bingo<br/>3:00 Movie (Channel 512)</p>          |
| <p>2</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Foot Spa<br/>11:00 Carpet Bowls<br/>1:30 Word Games<br/>2:00 Afternoon Tea - Cafe<br/>3:00 Movie (Channel 512)</p>  | <p>3</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Bingo<br/>11:00 Pastoral Care<br/>1:30 Trivia (B)<br/>2:00 Sing A Long<br/>2:45 Anglian O/Service<br/>3:00 Movie (Channel 512)</p> | <p>4</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Carpet Bowls<br/>1:30 Cognitive Activity<br/>1:30 Music Therapy<br/>3:00 Movie (Channel 512)</p>                                                           | <p>5</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Knitting<br/>1:30 Armchair Travel<br/>2:00 Bean Bag Toss<br/>2:45 Catholic O/L Service<br/>3:00 Movie (Channel 512)<br/>Vivid Tour Bus Trip</p> | <p>6</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Jewellery<br/>1:30 Entertainment - Dan<br/>2:00 One On Ones<br/>3:00 Happy Hour<br/>3:00 Movie (Channel 512)</p> | <p>7</p> <p>10:00 Coffee Club<br/>10:30 Exercise<br/>1:15 Bingo<br/>2:00 Bean Bag Toss<br/>3:00 Movie (Channel 512)</p>         | <p>8</p> <p>10:00 Coffee Club<br/>11:00 Church Service<br/>1:15 Podcast Discussion<br/>2:00 Bingo<br/>3:00 Movie (Channel 512)</p>  |
| <p>9</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Foot Spa<br/>1:30 Word Flip (B)<br/>2:00 Afternoon Tea - Cafe<br/>3:00 Movie (Channel 512)</p> <p>King's B'day</p>  | <p>10</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Bingo<br/>1:30 Trivia<br/>2:00 Carpet Bowls<br/>2:45 Anglian O/Service<br/>3:00 Movie (Channel 512)</p>                           | <p>11</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Carpet Bowls<br/>1:30 Cognitive Activity<br/>1:30 Music Therapy<br/>3:00 Movie (Channel 512)</p>                                                          | <p>12</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Arts &amp; Craft<br/>1:30 Entertainment - Murray<br/>2:30 Balloon Tennis<br/>3:00 Movie (Channel 512)</p> <p>Vivid Tour Bus Trip</p>           | <p>13</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Bible Studies<br/>1:30 Jewellery<br/>2:00 One On Ones<br/>3:00 Happy Hour<br/>3:00 Movie (Channel 512)</p>      | <p>14</p> <p>10:00 Coffee Club<br/>10:30 Exercise<br/>1:15 Carpet Bowls<br/>2:00 Bean Bag Toss<br/>3:00 Movie (Channel 512)</p> | <p>15</p> <p>10:00 Coffee Club<br/>11:00 Church Service<br/>1:15 Word Games<br/>2:00 Bingo<br/>3:00 Movie (Channel 512)</p>         |
| <p>16</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Foot Spa<br/>11:00 Carpet Bowls<br/>1:30 Word Games<br/>2:00 Afternoon Tea - Cafe<br/>3:00 Movie (Channel 512)</p> | <p>17</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Bingo<br/>1:30 Virtual Trivia ©<br/>2:00 Sing A Long<br/>3:00 Anglian C/Service<br/>3:00 Movie (Channel 512)</p>                  | <p>18</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Carpet Bowls<br/>1:30 Cognitive Activity<br/>1:30 Music Therapy<br/>3:00 Movie (Channel 512)</p>                                                          | <p>19</p> <p>10:00 Coffee Club<br/>11:00 Welcome Morning Tea<br/>11:00 Catholic C/Service<br/>1:30 Entertainment - Eileen<br/>2:00 Cooking Demo<br/>2:45 Catholic O/L Service<br/>3:00 Movie (Channel 512)</p>      | <p>20</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Newspaper Reading<br/>1:30 Jewellery<br/>2:00 One On Ones<br/>3:00 Happy Hour<br/>3:00 Movie (Channel 512)</p>  | <p>21</p> <p>10:00 Coffee Club<br/>10:30 Exercise<br/>1:15 Bingo<br/>2:00 Bean Bag Toss<br/>3:00 Movie (Channel 512)</p>        | <p>22</p> <p>10:00 Coffee Club<br/>11:00 Church Service<br/>1:15 Word Games<br/>2:00 Bingo<br/>3:00 Movie (Channel 512)</p>         |
| <p>23</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Foot Spa<br/>1:30 Word Games<br/>2:00 Afternoon Tea - Cafe<br/>3:00 Movie (Channel 512)</p>                        | <p>24</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Bingo<br/>1:30 Trivia<br/>2:00 Carpet Bowls<br/>2:45 Anglian O/Service<br/>3:00 Movie (Channel 512)</p>                           | <p>25</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Carpet Bowls<br/>1:30 Cognitive Activity<br/>1:30 Music Therapy<br/>3:00 Movie (Channel 512)</p>                                                          | <p>26</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Cooking Demo<br/>1:30 Entertainment - Hugh<br/>2:00 Balloon Tennis<br/>2:45 Catholic O/L Service<br/>3:00 Movie (Channel 512)</p>              | <p>27</p> <p>10:00 Coffee Club<br/>10:15 Exercise to Music<br/>11:00 Resident Meeting<br/>1:30 Jewellery<br/>2:00 One On Ones<br/>3:00 Happy Hour<br/>3:00 Movie (Channel 512)</p>   | <p>28</p> <p>10:00 Coffee Club<br/>10:30 Exercise<br/>1:15 Carpet Bowls<br/>2:00 Bean Bag Toss<br/>3:00 Movie (Channel 512)</p> | <p>29</p> <p>10:00 Coffee Club<br/>11:00 Church Service<br/>1:15 Podcast Discussion<br/>2:00 Bingo<br/>3:00 Movie (Channel 512)</p> |