

MARCH ACTIVITY PLANNER

Wahroonga House

MON	TUE	WED	THUR	FRI	SAT	SUN
	1 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Trivia 2:00 Craft - W (Wattle) 3:00 Movie (Channel 512)	2 10:00 Coffee Club 10:30 Dance Exercise 11:00 Art 1:30 Cognitive Activity 2:00 Music Therapy - W 3:00 Movie (Channel 512)	3 10:00 Coffee Club 10:30 Exercise 11:00 Knitting 1:30 Carpet Bowls 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)	4 10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Entertainer (Murry F) 2:00 Painting - W 3:00 Movie (Channel 512)	5 10:00 Coffee Club 11:00 Exercise to Music 1:15 Bingo 2:00 Basket Ball - W 3:00 Movie (Channel 512)	6 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)
7 10:00 Coffee Club 10:30 Exercise to Music 11:00 Discussion Group 1:30 Word Game 2:00 Puzzle Time Jig Saw - W 3:00 Movie (Channel 512)	8 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)	9 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)	10 10:00 Coffee Club 10:30 Exercise 11:00 Cooking Demonstration 1:30 Carpet Bowls 2:00 Basket Ball - W 3:00 Movie (Channel 512)	11 10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Bingo 2:00 Coloring - W 3:00 Movie (Channel 512)	12 10:00 Coffee Club 11:00 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)	13 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)
14 10:00 Coffee Club 10:30 Exercise to Music 11:00 Discussion Group 1:30 Word Game 2:00 Dancing to Music - W 3:00 Movie (Channel 512)	15 10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Trivia 2:00 Sensory Adventure - W 3:00 Movie (Channel 512)	16 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)	17 10:00 Coffee Club 10:30 Exercise 11:00 Armchair Travel 2:00 Catholic Mass 2:00 Cooking Demo - W 3:00 Movie (Channel 512)	18 10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Carpet Bowls 2:00 Painting - W 3:00 Movie (Channel 512)	19 10:00 Coffee Club 11:00 Exercise to Music 1:15 Bingo 2:00 Basket Ball - W 3:00 Movie (Channel 512)	20 10:00 Coffee Club 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music - W 3:00 Sundays at the cinema 3:00 Movie (Channel 512)
21 10:00 Coffee Club 10:30 Exercise to Music 11:00 Discussion Group 1:30 Word Game 2:00 Puzzle Time - W 3:00 Movie (Channel 512)	22 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)	23 10:00 Coffee Club 10:30 Dance Exercise 11:00 Board Games 1:30 Cognitive Activity 2:00 Music Therapy - W 3:00 Movie (Channel 512)	24 10:00 Coffee Club 10:30 Exercise 11:00 Cooking Demonstration 1:30 Entertainer (Hugh M) 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)	25 10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Resident Meeting 2:00 Coloring - W 3:00 Movie (Channel 512)	26 10:00 Coffee Club 11:00 Exercise to Music 1:15 Bingo 2:00 Balloon Tennis - W 3:00 Movie (Channel 512)	27 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)
28 10:00 Coffee Club 10:30 Exercise to Music 11:00 Discussion Group 1:30 Word Game 2:00 Dancing to Music - W 3:00 Movie (Channel 512)	29 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)	30 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)	31 10:00 Coffee Club 10:30 Exercise 11:00 Welcome High Tea 1:30 Comedy Hour - Cinema 2:00 Craft - W 3:00 Movie (Channel 512)			



EXTRA ACTIVITIES

Happy Hour: Fridays at 3:00pm
 St. Swithun's Church Service:
 15th. Mar 3:15pm
 Hornsby Catholic Parish: TBA
 Bus Trips: Mon, Tue & Fri
 Room Visits & Walk and Talk
 Cognitive Activities in Room: Mon - Thur
 Hair Dresser: Mon & Wed

