

NOVEMBER 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>	<p>1</p> <p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Bingo 1:30 Melb Cup Morning Tea 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Presbyterian C/Service 1:30 Jewellery 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
<p>7</p> <p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle time Jig Saw 3:00 Movie (Channel 512)</p>	<p>8</p> <p>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) Bus Trip to Wollies with Chef</p>	<p>9</p> <p>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)</p>	<p>10</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Art 1:30 Carpet Bowls 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>11</p> <p>10:00 Coffee Club 10:15 Remembrance Day 1:30 Entertainment - Hugh 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>12</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512)</p>	<p>13</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
<p>14</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Men's Discussion Grp 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>15</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 3:00 Anglican C/ Service 3:00 Movie (Channel 512)</p>	<p>16</p> <p>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) Bus Trip to the beach</p>	<p>17</p> <p>10:00 Coffee Club 11:00 Welcome Morning Tea 11:00 Catholic Church Service 2:00 One on Ones 1:30 Entertainment - Ross 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>18</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Jewellery 1:30 Armchair Travel 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
<p>21</p> <p>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) Xmas Shopping Trip-St Ives</p>	<p>22</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Entertainer - Mirrabooka 1:30 Bingo 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>23</p> <p>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) Xmas Shopping Trip-St Ives</p>	<p>24</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Story Circle 1:30 Knitting Club 2:00 Cooking Demo 3:00 Movie (Channel 512)</p>	<p>25</p> <p>10:00 Coffee Club 10:30 Exercise 11:00 Resident Meeting 1:30 Jewellery 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>26</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512) 3:00 Movie (Channel 512)</p>	<p>27</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
<p>28</p> <p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:30 Exercise to Music 11:00 Foot Spa 1:30 Trivia 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>29</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Entertainment - Murray 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>30</p> <p>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)</p>	 <p>Food month</p>	 <p>Pain Clinic Mon & Fri</p>	 <p>Remembrance Day</p>	<p>Other Activities</p> <p>Wattle Activities</p> <p>Pain Clinic : Mon & Fri Bus Trips : Mon, Wed Hair Dresser: Tue-Fri Room Visits: Mon-Fri</p>