

JULY 2022 ACTIVITY CALENDAR - WAHROONGA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|---|--|
| <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p> | <p>Other Activities</p> <p>Wattle Activities</p> <p>Bus Trips :Mon, Wed & Fri</p> <p>Hair Dresser: Tue-Fri</p> <p>Room Visits: Mon-Fri</p> |  <p>Naidoc week 3-10 July</p> |  <p>Bus Trip - Lunch 4, 11 & 25 July</p> | <p>1</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Entertainment - Daniel</p> <p>1:30 Jewellery</p> <p>2:00 Painting</p> <p>3:00 Movie (Channel 512)</p> | <p>2</p> <p>10:00 Coffee Club</p> <p>11:00 Exercise</p> <p>1:15 Bingo</p> <p>2:00 Basket Ball</p> <p>3:00 Saturday at the Cinema</p> <p>3:00 Movie (Channel 512)</p> | <p>3</p> <p>10:00 Coffee Club</p> <p>11:00 Church Service</p> <p>1:15 Word Games</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p> |
| <p>4</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Games</p> <p>2:00 Dancing to Music</p> <p>3:00 Movie (Channel 512)</p> | <p>5</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Bingo</p> <p>1:30 Trivia</p> <p>2:00 Sing Along</p> <p>2:30 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>6</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Art</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p> | <p>7</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Presbyterian C/Service</p> <p>1:30 Entertainment - David</p> <p>2:00 Cooking Demo</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>8</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Cooking Demo</p> <p>1:30 Jewellery</p> <p>2:00 Colouring</p> <p>3:00 Movie (Channel 512)</p> <p>3:00 Happy Hour</p> | <p>9</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>1:15 Carpet Bowls</p> <p>2:00 Balloon Tennis</p> <p>3:00 Saturday at the Cinema</p> <p>3:00 Movie (Channel 512)</p> | <p>10</p> <p>10:00 Coffee Club</p> <p>11:00 Church Service</p> <p>1:15 Trivia</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p> |
| <p>11</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Games</p> <p>2:00 Puzzle time Jig Saw</p> <p>3:00 Movie (Channel 512)</p> | <p>12</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Trivia</p> <p>2:00 Music with instruments</p> <p>2:30 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>13</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Story Circle</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p> | <p>14</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Armchair Travel</p> <p>1:30 Entertainment - Murray</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>15</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Entertainment - Daniel</p> <p>1:30 Jewellery</p> <p>2:00 Drumming to music</p> <p>3:00 Movie (Channel 512)</p> <p>3:00 Happy Hour</p> | <p>16</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>1:15 Bingo</p> <p>2:00 Basket Ball</p> <p>3:00 Saturday at the Cinema</p> <p>3:00 Movie (Channel 512)</p> | <p>17</p> <p>10:00 Coffee Club</p> <p>11:00 Songs Of Praise</p> <p>1:15 Word Games</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p> |
| <p>18</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Games</p> <p>2:00 Dancing to Music</p> <p>3:00 Movie (Channel 512)</p> | <p>19</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Bingo</p> <p>1:30 Trivia</p> <p>2:00 Sing Along</p> <p>3:00 Anglican C/ Service</p> <p>3:00 Movie (Channel 512)</p> | <p>20</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Discussion Group</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p> | <p>21</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Catholic Church Service</p> <p>1:30 Entertainment - Ross</p> <p>2:00 One on Ones</p> <p>3:00 Movie (Channel 512)</p> | <p>22</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Carpet Bowls</p> <p>1:30 Jewellery</p> <p>2:00 Colouring</p> <p>3:00 Movie (Channel 512)</p> <p>3:00 Happy Hour</p> | <p>23</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>1:15 Carpet Bowls</p> <p>2:00 Balloon Tennis</p> <p>3:00 Saturday at the Cinema</p> <p>3:00 Movie (Channel 512)</p> | <p>24</p> <p>10:00 Coffee Club</p> <p>11:00 Church Service</p> <p>1:15 Trivia</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p> |
| <p>25</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Games</p> <p>2:00 Puzzle time</p> <p>3:00 Movie (Channel 512)</p> | <p>26</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Trivia</p> <p>2:00 Music with instruments</p> <p>2:30 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>27</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Bingo</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p> | <p>28</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Welcome Morning Tea</p> <p>1:30 Entertainment - Keff</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p> | <p>29</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Resident Meeting</p> <p>1:30 Entertainment - Daniel</p> <p>2:00 Painting</p> <p>3:00 Movie (Channel 512)</p> <p>3:00 Happy Hour</p> | <p>30</p> <p>10:00 Coffee Club</p> <p>11:00 Exercise</p> <p>1:15 Bingo</p> <p>2:00 Basket Ball</p> <p>3:00 Saturday at the Cinema</p> <p>3:00 Movie (Channel 512)</p> | <p>31</p> <p>10:00 Coffee Club</p> <p>11:00 Church Service</p> <p>1:15 Word Games</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p> |