



THOMPSON
HEALTH CARE

OCTOBER 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10:00 Coffee Club 10:15 Pet Therapy 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dance to Music 3:00 Movie (Channel 512)	31 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)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	Other Activities Wattle Activities Physio Pain Clinic : Mon & Wed Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri Hair Dresser : Tue - Fri	 VOTING - 4th of Oct	 Food Day - Cheese Tasting	1 10:00 Coffee Club 10:30 Yoga (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Trivia 3:00 Movie (Channel 512)
2 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dance to Music 3:00 Movie (Channel 512)	3 10:00 Coffee Club 10:30 Exercise to Music 11:00 Presbyterian C/Service 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	4 10:00 Coffee Club 10:00 Pastoral Care 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512) Voting Day	5 10:00 Coffee Club 10:00 Catholic Eucharist 10:30 Exercise to Music 11:00 Knitting 1:30 Entertainment - Layla 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	6 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Armchair Travel 2:00 Carpet Bowls 3:00 Happy Hour 3:00 Movie (Channel 512)	7 10:00 Coffee Club 10:30 Exercise to Music 11:00 Basket Ball 1:30 Carpet Bowls 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	8 10:00 Coffee Club 10:30 Thi Chi (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Word Games 3:00 Movie (Channel 512)
9 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Café 3:00 Movie (Channel 512) Inter Facility Games	10 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Music with Instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	11 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)	12 10:00 Coffee Club 10:00 Exercise to Music 11:00 Knitting 1:30 Entertainment - Murray 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	13 10:00 Coffee Club 10:30 Exercise to Music 11:00 Barker visit 11:00 Jewellery 1:30 Entertainment - Daniel 2:00 Art 3:00 Happy Hour 3:00 Movie (Channel 512)	14 10:00 Coffee Club 10:30 Exercise to Music 11:00 Balloon Tennis 1:30 Bingo 3:00 Movie (Channel 512)	15 10:00 Coffee Club 10:30 Yoga (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Trivia 3:00 Movie (Channel 512)
16 10:00 Coffee Club 10:15 Pet Therapy 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dance to Music 3:00 Movie (Channel 512) Ainslie Market Stalls	17 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican C/ Service 3:00 Movie (Channel 512)	18 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	19 10:00 Coffee Club 10:30 Exercise to Music 11:00 Welcome Morning Tea 2:45 Catholic C/ Service 1:30 Entertainment-Keff 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	20 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 11:00 Barker visit 1:30 Cheese Tasting 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)	21 10:00 Coffee Club 10:30 Exercise to Music 11:00 Basket Ball 1:30 Carpet Bowls 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	22 10:00 Coffee Club 10:30 Thi Chi (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Word Games 3:00 Movie (Channel 512)
23 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Carpet Bowls 3:00 Movie (Channel 512)	24 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)	25 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activity 2:00 Music Therapy 3:00 Movie (Channel 512)	26 10:00 Coffee Club 10:30 Exercise to Music 11:00 Art 1:30 Entertainment-Hugh 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	27 10:00 Coffee Club 10:30 Exercise to Music 11:00 Resident Meeting 1:30 Story Circle 2:00 Bean Bag Toss 3:00 Happy Hour 3:00 Movie (Channel 512)	28 10:00 Coffee Club 10:30 Exercise to Music 11:00 Balloon Tennis 1:30 Bingo 3:00 Movie (Channel 512)	29 10:00 Coffee Club 10:30 Yoga (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Trivia 3:00 Movie (Channel 512)