


# FEBRUARY 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>Other Activities</b>	1	2	3	4	5
	<b>Wattle Activities</b>	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
	Pain Clinic : Mon & Fri	10:15 Jewellery	10:30 Exercise	10:30 Exercise	10:30 Exercise	11:00 Songs Of Praise
	Bus Trips : Mon, Wed	10:30 Exercise to Music	11:00 Presbyterian C/Service	11:00 Bible Study Group	1:15 Bingo	1:15 Word Games
	Hair Dresser: Tue-Fri	11:00 Carpet Bowls	1:30 Art	1:30 Entertainment - Daniel	2:00 Basket Ball	2:00 Exercise to Music
	Room Visits: Mon-Fri	1:30 Cognitive Activities	2:00 One on Ones	2:00 Painting	3:00 Saturday at the Cinema	3:00 Movie (Channel 512)
		2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour	3:00 Movie (Channel 512)	
		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
6	7	8	9	10	11	12
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:00 Pet Therapy All Floors	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise	10:30 Exercise	10:30 Exercise	11:00 Songs Of Praise
10:30 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	11:00 Armchair Travel	11:00 Story Circle	1:15 Carpet Bowls	1:15 Trivia
11:00 Foot Spa	1:30 Trivia	11:00 Carpet Bowls	1:30 Entertainment - Hugh	1:30 Jewellery	2:00 Balloon Tennis	2:00 Exercise to Music
1:30 Word Games	2:00 Sing Along	1:30 Cognitive Activities	2:00 Bean Bag Toss	2:00 Colouring	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
2:00 Puzzle time	2:45 Anglican O/L Service	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
		Hornsby RSL Lunch Bus Trip				
13	14	15	16	17	18	19
10:00 Coffee Club	10:30 Exercise to Music	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:30 Exercise to Music	11:00 Bingo	10:15 Jewellery	11:00 Welcome Morning Tea	10:30 Exercise	10:30 Exercise	11:00 Songs Of Praise
11:00 Men's Discussion Grp	1:30 Virtual Trivia Comp	10:30 Exercise to Music	11:00 Catholic C/Service	11:00 Art	1:15 Bingo	1:15 Word Games
11:00 Foot Spa	2:00 Music with instruments	11:00 Carpet Bowls	1:30 Entertainment - Murray	1:30 Jewellery	2:00 Basket Ball	2:00 Exercise to Music
1:30 Word Games	2:45 Anglican O/L Service	1:30 Cognitive Activities	2:00 Cooking Demo	2:00 Painting	3:00 Saturday at the Cinema	3:00 Movie (Channel 512)
2:00 Dancing to Music	3:00 Movie (Channel 512)	2:00 Music Therapy	3:00 Movie (Channel 512)	3:00 Happy Hour	3:00 Movie (Channel 512)	
3:00 Movie (Channel 512)	Happy Valentines day	3:00 Movie (Channel 512)		3:00 Movie (Channel 512)		
		Hornsby RSL Lunch Bus Trip				
20	21	22	23	24	25	26
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:00 Pet Therapy All Floors	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise	10:30 Exercise	10:30 Exercise	11:00 Songs Of Praise
10:30 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	11:00 Knitting Club	11:00 Resident Meeting	1:15 Carpet Bowls	1:15 Trivia
11:00 Foot Spa	1:30 Virtual Trivia	11:00 Carpet Bowls	1:30 Cooking Demo	1:30 Entertainment - Keff	2:00 Balloon Tennis	2:00 Exercise to Music
1:30 Word Games	2:00 Sing Along	1:30 Cognitive Activities	2:00 One on Ones	2:00 Colouring	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
2:00 Puzzle time	3:00 Anglican C/Service	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
		Hornsby RSL Lunch Bus Trip				
27	28	    				
10:00 Coffee Club	10:00 Coffee Club					
10:30 Exercise to Music	10:30 Exercise to Music					
11:00 Foot Spa	11:00 Bingo					
1:30 Word Games	1:30 Trivia					
2:00 Dancing to Music	2:00 Music with instruments					
3:00 Movie (Channel 512)	2:45 Anglican O/L Service					
	3:00 Movie (Channel 512)					