

JANUARY 2023 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10.00 Meditation 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits	31 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Carpet Bowls 		MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 		DUE TO UNFORESEEN CIRCUMSTANCES, SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.	1 NEW YEAR'S DAY
2 10.30 MAP. Food Meeting 10.45 Word Target 2.00 Year In Review (Argyle) 3.00 One on One Room Visits	3 10.00 Meditation 10.45 Book Club 2.00 New Year's Happy Hour	4 10.00 Meditation 10.30 Armchair Travel 2.00 Bingo	5 10.45 Interdenominational Church Service (Argyle) 2.00 Balloon Buffoonery 	6 EPIPHANY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Rebus Puzzles 2.30 Art & Craft	7 ELVIS' BIRTHDAY	8
9 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Word Target 2.00 Scenic Bus Trip	10 10.00 Meditation 10.45 Resident Meeting 2.00 Elvis Happy Hour	11 10.00 Meditation 10.30 Relative Meeting 2.00 Bingo 2.30 Lochinvar High Tea	12 KISS A GINGER DAY 10.45 Interdenominational Church Service (Argyle) 2.00 Virtual Quiz 	13 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Nerf Gun Fun	14	15
16 WORLD RELIGION DAY 10.00 Meditation 10.30 ABE. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	17 10.00 Meditation 10.45 Book Club 2.00 Putt-Putt Golf 	18 BUDDHIST NEW YEAR 10.00 Meditation 10.45 Current Affairs & Reminiscing 2.00 Bingo	19 10.45 Interdenominational Church Service (Argyle) 2.00 Relaxing Colouring & Afternoon Tea	20 PENGUIN DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Word Target 3.30 Jenny on Piano	21	22 CHINESE NEW YEAR
23 10.00 Meditation 10.30 LOC. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	24 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 January Thru History	25 BURNS NIGHT 10.00 Meditation 10.45 Word Target 2.00 Bingo 	26 AUSTRALIA DAY 10.45 St Andrew's Cathedral Church Service (Argyle) 2.00 Australia Day Singalong	27 HOLOCAUST VICTIMS DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz	28	29