

MARCH 2023 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>Other Activities</p> <p>Wattle Activities</p> <p>Physio Pain Clinic: Mon & Fri</p> <p>Physio Falls Prevention</p> <p>Class: Tue & Thu</p> <p>Bus Trips : Mon, Wed</p> <p>Hair Dresser: Tue-Fri</p> <p>Room Visits: Mon-Fri</p>	<p>1</p> <p>10:00 Coffee Club</p> <p>10:15 Jewellery</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p>	<p>2</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Presbyterian C/Service</p> <p>1:30 Art</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>3</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Bible Study Group</p> <p>1:30 Entertainment - Daniel</p> <p>2:00 Painting</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>4</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>5</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Songs Of Praise</p> <p>1:15 Trivia</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p>
<p>6</p> <p>10:00 Pet Therapy All Floors</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>7</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>2:45 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>8</p> <p>10:00 Coffee Club</p> <p>10:15 Jewellery</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p>	<p>9</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Entertainment - Ruta</p> <p>1:30 Word Flip</p> <p>2:00 Bean Bag Toss</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>10</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Armchair Travel</p> <p>1:30 Jewellery</p> <p>2:00 Colouring</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>11</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 Movie (Channel 512)</p>	<p>12</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</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>13</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>3:00 Movie (Channel 512)</p>	<p>14</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Bingo</p> <p>1:30 Virtual Trivia Comp</p> <p>2:00 Music with instruments</p> <p>2:45 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>15</p> <p>10:00 Coffee Club</p> <p>10:15 Jewellery</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p>	<p>16</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Welcome Morning Tea</p> <p>11:00 Catholic C/Service</p> <p>1:30 Entertainment - Hugh</p> <p>2:00 Cooking Demo</p> <p>3:00 Movie (Channel 512)</p>	<p>17</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Carpet Bowls (Spuds)</p> <p>1:30 Jewellery</p> <p>2:00 Painting</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p> <p>St Patrick's Day</p>	<p>18</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>19</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Songs Of Praise</p> <p>1:15 Trivia</p> <p>2:00 Exercise to Music</p> <p>3:00 Movie (Channel 512)</p>
<p>20</p> <p>10:00 Coffee Club</p> <p>10:00 Pet Therapy All Floors</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>HARMONY DAY</p> <p>21</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Story Circle</p> <p>1:30 Virtual Trivia</p> <p>2:00 Sing Along</p> <p>3:00 Anglican C/Service</p> <p>3:00 Movie (Channel 512)</p> <p>Harmony Day</p>	<p>22</p> <p>10:00 Coffee Club</p> <p>10:15 Jewellery</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p>	<p>23</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Bingo</p> <p>1:30 Cooking Demo</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>24</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Jewellery</p> <p>1:30 Entertainment - Murray</p> <p>2:00 Colouring</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>25</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>26</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</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>27</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>11:00 Word Flip</p> <p>1:30 Resident Committee</p> <p>2:00 Dancing to Music</p> <p>3:00 Movie (Channel 512)</p>	<p>28</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 Music with instruments</p> <p>2:45 Anglican O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>29</p> <p>10:00 Coffee Club</p> <p>10:15 Jewellery</p> <p>10:30 Exercise to Music</p> <p>11:00 Carpet Bowls</p> <p>1:30 Cognitive Activities</p> <p>2:00 Music Therapy</p> <p>3:00 Movie (Channel 512)</p>	<p>30</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Discussion Group</p> <p>1:30 Knitting Class</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>31</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise</p> <p>11:00 Resident Meeting</p> <p>1:30 Entertainment - Keff</p> <p>2:00 Colouring</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>		