

APRIL 2023 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONDAY TO FRIDAY ON CHANNEL 350: 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 <i>APRIL FOOL'S DAY</i>	2 <i>AUTISM AWARENESS DAY</i>
3 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Word Target 2.00 Walks & Talks 3.00 One on One Room Visits 	4 10.00 Meditation 10.00 C2bMe Group Activity 10.45 Relaxing Colouring 2.00 Scenic Bus Trip 2.30 Armchair Travel	5 10.00 Meditation 10.45 Book Club 2.00 Bingo 	6 10.45 Interdenominational Church Service (Argyle) 2.00 Tenpin Bowling	7 <i>GOOD FRIDAY</i> 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz 3.00 Jenny on Piano	8 <i>HOLY SATURDAY</i>	9 <i>EASTER SUNDAY</i>
10 <i>EASTER MONDAY</i> 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Word Tagret 2.00 Walks & Talks 3.00 One on One Room Visits	11 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Armchair Travel	12 <i>IDES OF MARCH</i> 10.00 Meditation 10.30 Relative Meeting 1.30 THC Long Service Awards (Argyle)	13 10.30 Catholic Service (Chapel) 2.00 Virtual Quiz Competition	14 <i>SAINT PATRICK'S DAY</i> 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Concert 	15	16
17 10.00 Meditation 10.30 ABE. Food Meeting 2.00 Walks & Talks 3.00 One on One Room Visits	18 <i>HARMONY DAY</i> 10.00 Meditation 10.00 C2bMe Activity 10.45 Relaxing Colouring 2.00 Scenic Bus Trip 2.30 Armchair Travel 	19 10.00 Meditation 10.30 Anglican Service (Chapel) 2.00 Bingo	20 10.45 Interdenominational Church Service (Argyle) 2.00 Balloon Buffoonery 	21 <i>RAMADAN ENDS</i> 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Concert w/ Hunter (TBC) 3.00 Jenny on Piano	22 <i>EARTH DAY</i>	23
24 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Word Target 2.00 ANZAC Day Service	25 <i>ANZAC DAY</i> 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Documentary	26 <i>GUIDE DOG DAY</i> 10.00 Meditation 10.45 Book Club 2.00 Bingo	27 10.30 Catholic Service (Chapel) 2.00 Ainsley Collection 	28 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Piano Concert with Doug Smith	29 <i>DANCE DAY</i>	30 <i>JAZZ DAY</i>