

MAY 2023 ACTIVITY CALENDAR - ABBEY HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	2 WORLD TUNA DAY 10.00 Meditation 10.45 Relaxing Colouring 2.00 Scenic Bus Trip 2.30 Armchair Travel	3 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo	4 STAR WARS DAY 10.45 Interdenominational Church Service (Chapel) 2.30 King's Coronation High Tea (Coffee Shop)	5 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz 3.00 Jenny on Piano	6 KING CHARLES CORONATION 	7
8 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	9 10.00 Meditation 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Armchair Travel	10 10.00 Meditation 10.30 Anglican Service (Chapel) 2.00 Bingo 2.30 Lochinvar High Tea	11 10.30 Catholic Service (Chapel) 2.00 Tenpin Bowling	12 INT'L NURSES DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiard Room)	13 MOTHER'S DAY 	14
15 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Walks & Talks 2.00 Mother's Day Happy Hour	16 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Armchair Travel	17 IDES OF MARCH 10.00 Meditation 10.30 Relative Meeting 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo	18 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz Competition	19 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Concert 3.00 Jenny on Piano	20 WORLD BEE DAY 	21
22 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	23 WORLD TURTLE DAY 10.00 Meditation 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Armchair Travel	24 10.00 Meditation 10.45 Whiteboard Games 2.00 Bingo	25 10.30 Catholic Service (Chapel) 2.00 Funny Munny Shoppe (Argyle)	26 NATIONAL SORRY DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Cancer Council Biggest Morning Tea	27 	28 INT'L BURGER DAY
29 10.00 Meditation 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	30 10.00 Meditation 10.45 Rebus Puzzles 2.00 Scenic Bus Trip 2.30 Armchair Travel	31 10.00 Meditation 10.45 Short Stories 2.00 Bingo			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.