

MAY 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--|--|
| 1 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Puzzle Time 3:00 Movie (Channel 512) | 2 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 3 10:00 Coffee Club 10:00 Pastoral Care 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Entertainment - Daniel 2:00 Music Therapy 3:00 Movie (Channel 512) | 4 10:00 Coffee Club 10:30 Exercise to Music 11:00 Presbyterian C/Service 1:30 Art 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 5 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Cognitive Activities 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512) | 6 10:00 Coffee Club 10:30 Exercise to Music 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema 3:00 Movie (Channel 512) King's Coronations | 7 10:00 Coffee Club 10:30 Exercise to Music 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512) |
| 8 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Dance to Music 3:00 Movie (Channel 512) | 9 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Music with Instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 10 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512) | 11 10:00 Coffee Club 10:30 Exercise to Music 11:00 Art 1:30 Knitting Club 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 12 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Hugh 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512) | 13 10:00 Coffee Club 10:30 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512) | 14 10:00 Coffee Club 10:30 Exercise to Music 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)  |
| 15 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Puzzle Time 3:00 Movie (Channel 512) | 16 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican C/Service 3:00 Movie (Channel 512) | 17 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512) | 18 10:00 Coffee Club 10:30 Exercise to Music 11:00 Welcome Morning Tea 11:00 Catholic C/Service 1:30 Entertainment - Keff 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 19 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Armchair Travel 2:00 Colouring 3:00 Happy Hour 3:00 Movie (Channel 512) | 20 10:00 Coffee Club 10:30 Exercise to Music 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema 3:00 Movie (Channel 512) | 21 10:00 Coffee Club 10:30 Exercise to Music 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512) |
| 22 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Dance To Music 3:00 Movie (Channel 512) | 23 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Music with Instruments 3:00 Anglican C/Service 3:00 Movie (Channel 512) | 24 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512) | 25 10:00 Coffee Club 10:30 Exercise to Music 11:00 Cooking Demo 1:30 Multi Cultural Event 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512) Multi Cultural Day | 26 10:00 Coffee Club 10:30 Exercise to Music 11:00 Resident Meeting 1:30 Entertainment - Murry 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512) | 27 10:00 Coffee Club 10:30 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512) | 28 10:00 Coffee Club 10:30 Exercise to Music 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512) |
| 29 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Puzzle Time 3:00 Movie (Channel 512) | 30 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 31 10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512) | DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE | Other Activities Wattle Activities Physio Pain Clinic : Mon & Fri Physio Falls Prevention Class : Tue & Thu Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri |   | |