

JUNE 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 10.45 Interdenominational Church Service (Chapel) 2.00 Nerf Gun Fun	2 ITALIAN NATIONAL DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz	3  Italy	4
5 WORLD ENVIRONMENT DAY 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	6 10.00 Meditation 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Armchair Travel	7 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo	8 WORLD OCEANS DAY 10.30 Catholic Service (Chapel) 2.00 Italian Happy Hour	9 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Cinema Afternoon	10	11  WORLD OCEANS DAY
12 KING'S BIRTHDAY 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	13 10.00 Meditation 10.45 Resident Meeting 2.00 Scenic Bus Trip 2.30 Armchair Travel	14 INT'L BATH DAY 10.00 Meditation 10.30 Relative Meeting 10.30 Anglican Service (Chapel) 2.00 Bingo 2.00 Lochinvar Cooking Demo	15 GLOBAL WIND DAY 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz Competition	16 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Balloon Buffoonery 3.00 Jenny on Piano	17	18  GLOBAL WIND DAY 15th June
19 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	20 WORLD REFUGEE DAY 10.00 Meditation 10.45 Book Club 2.00 Scenic Bus Trip 2.30 Armchair Travel	21 INT'L YOGA DAY 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo	22 WINTER SOLSTICE 10.30 Catholic Service (Chapel) 2.00 Hand Pool (Billiard Room)	23 INT'L WIDOWS DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Cinema Afternoon	24  INTERNATIONAL WIDOWS' DAY JUNE 23	25 GLOBAL BEATLES DAY
26 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	27 PTSD AWARENESS DAY 10.00 Meditation 10.30 Coffee Shop Socialisation 2.00 Scenic Bus Trip 2.30 Armchair Travel	28 10.00 Meditation 10.45 Short Stories 2.00 Bingo 2.30 Lochinvar High Tea	29 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz - Bonus	30 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Concert 2.30 Pet Therapy Visits		

