



JUNE 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 Class : Tue & Thu</p> <p>Bus Trips : Mon, Wed & Fri</p> <p>Hair Dresser : Tue - Fri</p> <p>Room Visits : Mon - Fri</p>		<p>1</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</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>2</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Jewellery</p> <p>1:30 Entertainment - Mandy</p> <p>2:00 Colouring</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>3</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</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>4</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>5</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Virtual Word Flip</p> <p>2:00 Dance to Music</p> <p>3:00 Movie (Channel 512)</p> <p>Vivid bus trip</p>	<p>6</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>Omelette Night</p>	<p>7</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>Vivid bus trip</p>	<p>8</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Story Circle</p> <p>1:30 Knitting Club</p> <p>2:00 Bean Bag Toss</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>9</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Jewellery</p> <p>1:30 Entertainment - Daniel</p> <p>2:00 One on One</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>10</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>1:15 Carpet Bowls</p> <p>2:00 Balloon Tennis</p> <p>3:00 Movie (Channel 512)</p>	<p>11</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>12</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Game</p> <p>2:00 Puzzle Time</p> <p>3:00 Movie (Channel 512)</p> <p>King's Birthday </p>	<p>13</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>14</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>15</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Welcome Morning Tea</p> <p>11:00 Catholic C/Service</p> <p>1:30 Entertainment - Murray</p> <p>2:00 Cooking Demo</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>16</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Jewellery</p> <p>1:30 Armchair Travel</p> <p>2:00 Bean Bag Toss</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	<p>17</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</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>18</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>19</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Game</p> <p>2:00 Dance to Music</p> <p>3:00 Movie (Channel 512)</p>	<p>20</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Bingo</p> <p>1:30 Virtual Trivia</p> <p>2:00 Music with Instruments</p> <p>3:00 Anglican C/Service</p> <p>3:00 Movie (Channel 512)</p>	<p>21</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>22</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Cooking Demo</p> <p>1:30 Entertainment - Keff</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>23</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Jewellery</p> <p>1:30 Bible Studies</p> <p>2:00 One on Ones</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p> <p>Shopping Bus Trip</p>	<p>24</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>1:15 Carpet Bowls</p> <p>2:00 Balloon Tennis</p> <p>3:00 Movie (Channel 512)</p>	<p>25</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>26</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Foot Spa</p> <p>1:30 Word Game</p> <p>2:00 Puzzle Time</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 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>28</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>29</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Art</p> <p>11:00 Jewellery</p> <p>2:00 One on Ones</p> <p>2:45 Catholic O/L Service</p> <p>3:00 Movie (Channel 512)</p>	<p>30</p> <p>10:00 Coffee Club</p> <p>10:30 Exercise to Music</p> <p>11:00 Resident Meeting</p> <p>1:30 Entertainment - Daniel</p> <p>2:00 Bean Bag Toss</p> <p>3:00 Happy Hour</p> <p>3:00 Movie (Channel 512)</p>	