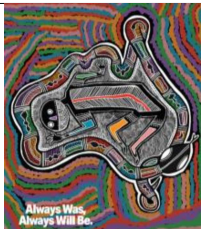
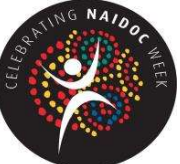


Abbey House Activity Planner - July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 AVOCADO DAY 10.00 Meditation 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits		MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 	DUE TO UNFORESEEN CIRCUMSTANCES, SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.	PLEASE NOTE: <i>Partners In Care are encouraged to attend any activity with their loved ones on our monthly planner.</i>	1 CANADA DAY 	2 BEGINNING OF NAIDOC WEEK 
3 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks 2.00 Current Affairs Discussion 	4 USA INDEPENDENCE DAY 10.00 Meditation 10.45 Relaxing Colouring  2.00 NAIDOC Flag Raising Ceremony 2.30 Documentary (Argyle)	5 10.00 Meditation 10.30 LOC. Cooking Demo 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	6 INT'L KISSING DAY 10.45 Interdenominational Church Service (Chapel) 2.00 Putt-Putt Golf 	7 WORLD CHOCOLATE DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Canadian / USA Happy Hour (Argyle) 3.00 Jenny on Piano 	8 	9 END OF NAIDOC WEEK 
10 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits 	11 WORLD POPULATION DAY 10.00 Meditation 10.45 Resident Meeting  2.00 Scenic Bus Trip 2.30 Armchair Travel	12 10.00 Meditation 10.30 Relative Meeting 10.30 Bingo 2.00 Memorial Service (Chapel) 	13 10.30 Catholic Service (Chapel) 2.00 Virtual Quiz Competition 	14 BASTILLE DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Broadway Bonanza with Sally 	15 	16 WORLD SNAKE DAY 
17 WORLD EMOJI DAY 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	18 WORLD LISTENING DAY 10.00 Meditation 10.45 Rebus Puzzles  2.00 Scenic Bus Trip 2.30 Armchair Travel	19 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy)  2.00 Bingo 2.30 Lochinvar High Tea	20 INT'L CHESS DAY 10.45 Interdenominational Church Service (Chapel) 2.00 Tenpin Bowling 	21 NATIONAL PYJAMA DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Jenny on Piano 3.00 Ukelele Ensemble 	22 	23 
24 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks 2.00 Word Target 2.00 Paws Pet Therapy (LOC.) 	25 10.00 Meditation 10.45 Book Club / Short Stories  2.00 Scenic Bus Trip 2.30 Armchair Travel	26 10.00 Meditation 10.30 Anglican Service (Chapel) 2.00 Bingo 	27 10.30 Catholic Service (Chapel)  2.00 Virtual Quiz - Bonus	28 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Balloon Buffoonery 	29 CRAZY HAIR DAY 	30 INT'L FRIENDSHIP DAY 