

# JULY 2023 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Puzzle Time 3:00 Movie (Channel 512)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>Other Activities</b> <b>Wattle Activities</b> Physio Pain Clinic : Mon & Fri Physio Falls Prevention Class : Tue & Thu Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri	 NAIDOC Week 2-9 July  Bastille Day 13th July	 Inter Facility Games 17th July  Barker performance 21st	<b>1</b> 10:00 Coffee Club 10:30 Exercise to Music 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema Comedy hour - The 2 Ronnies 3:00 Movie (Channel 512)	<b>2</b> 10:00 Coffee Club 10:30 Yoga (Channel 512) 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
<b>3</b> 10:00 Coffee Club 10:00 Pet Therapy 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Dance to Music 3:00 Movie (Channel 512) <b>Jewellery Club Bead Bus Trip</b>	<b>4</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	<b>5</b> 10:00 Coffee Club 10:15 Jewellery 10:30 Pastoral Care 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)	<b>6</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Art 1:30 Entertainment -Murray 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	<b>7</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 One on One 3:00 Happy Hour 3:00 Movie (Channel 512)	<b>8</b> 10:00 Coffee Club 10:30 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)	<b>9</b> 10:00 Coffee Club 10:30 Tai Chi (Channel 512) 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)
<b>10</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Puzzle Time 3:00 Movie (Channel 512)	<b>11</b> 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)	<b>12</b> 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)	<b>13</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Welcome Morning Tea 1:30 Entertainment - Keff 2:00 One on One 3:00 Movie (Channel 512) <b>Bastille Day</b>	<b>14</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bible Studies 1:30 Carpet Bowls 2:00 Bean Bag Toss 3:00 Happy Hour 3:00 Movie (Channel 512)	<b>15</b> 10:00 Coffee Club 10:30 Exercise to Music 1:15 Bingo 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	<b>16</b> 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)
<b>17</b> 10:00 Coffee Club 10:00 Pet Therapy 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Dance to Music 3:00 Movie (Channel 512) <b>Carpet Bowl Comp</b>	<b>18</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 3:00 Anglican C/Service 3:00 Movie (Channel 512)	<b>19</b> 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)	<b>20</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Catholic C/Service 1:30 Armchair Travel 2:00 One on Ones 3:00 Movie (Channel 512)	<b>21</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Performances Barker C 1:30 Performances Barker C 3:00 Happy Hour 3:00 Movie (Channel 512)	<b>22</b> 10:00 Coffee Club 10:30 Exercise to Music 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)	<b>23</b> 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)
<b>24</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Game 2:00 Puzzle Time 3:00 Movie (Channel 512)	<b>25</b> 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)	<b>26</b> 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)	<b>27</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Art 1:30 Entertainment - Hugh 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	<b>28</b> 10:00 Coffee Club 10:30 Exercise to Music 11:00 Resident Meeting 1:30 Entertainment - Daniel 2:00 Bean Bag Toss 3:00 Happy Hour 3:00 Movie (Channel 512)	<b>29</b> 10:00 Coffee Club 10:30 Exercise to Music 1:15 Bingo 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)	<b>30</b> 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)