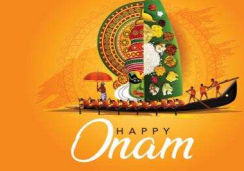


Abbey House Activity Planner - August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.45 Coffee Shop Socialisation 2.00 Cinema Afternoon 	2 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	3 10.45 Brain Teasers 2.00 Nerf Gun Fun 	4 NAICD 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Crossword Conundrum 	5 JEANS FOR GENES DAY 	6 
7 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks 2.00 Word Target 2.00 Paws Pet Therapy (LOC.) 	8 10.45 Relaxing Colouring 2.00 Cinema Afternoon 	9 INDIGENOUS PEOPLES DAY 10.00 Meditation 10.45 Carpet Bowls 2.00 Bingo 2.30 Lochinvar High Tea 	10 10.30 Catholic Service (Chapel) 2.00 Virtual Quiz Competition 	11 HIP HOP APPRECIATION DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiards) 	12 ELEPHANT DAY 	13 WORLD LEFTHANDERS DAY 
14 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits 	15 INDIA INDEPENDENCE DAY 10.00 Meditation 10.45 Resident Meeting 2.30 India Independence Day High Tea (Coffee Shop) 	16 CUPCAKE DAY 10.00 Meditation 10.30 Relative Meeting 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	17 10.45 Brain Teasers 2.00 Putt-Putt Golf 	18 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Jenny on Piano 	19 PHOTOGRAPHY DAY & WORLD ORANGUTAN DAY 	20 ONAM 
21 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Walks & Talks 2.00 Word Target 2.00 Paws Pet Therapy (LOC.) 	22  10.00 Meditation 10.45 Relaxing Colouring 2.00 Cinema Afternoon	23 10.00 Meditation 10.45 Balloon Buffoonery 2.00 Bingo 	24 10.30 Catholic Service (Chapel) 2.00 Tenpin Bowling 	25 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Piano Paradise Concert with Sally 	26 DOG DAY 	27 
28 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits 	29 10.00 Meditation 10.45 Short Stories 2.00 Scenic Bus Trip 2.30 Armchair Travel 	30 SMALL INDUSTRY DAY 10.00 Meditation 10.30 Anglican Service (Chapel) 2.00 Bingo 	31 DAFFODIL DAY & URUGUAY INDEP. DAY 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz - Bonus 	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>