

AUGUST 2023 ACTIVITY CALENDAR - WAHROONGA HOME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	1	2	3	4	5	6
	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
	10:30 Exercise to Music	10:00 Pastoral Care	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music
	11:00 Bingo	10:15 Jewellery	11:00 Bingo	11:00 Jewellery	1:15 Carpet Bowls	11:00 Songs of Praise
	1:30 Trivia	10:30 Exercise to Music	1:30 Art	1:30 Entertainment - Daniel	2:00 Basket Ball	1:15 Trivia
	2:00 Music with Instruments	11:00 Carpet Bowls	2:00 One on Ones	2:00 Bean Bag Toss	3:00 Saturday at the Cinema	2:00 Exercise to Music
	2:45 Anglican O/L Service	1:30 Cognitive Activities	2:45 Catholic O/L Service	3:00 Happy Hour	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
	3:00 Movie (Channel 512)	2:00 Music Therapy	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)				
7	8	9	10	11	12	13
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Pet Therapy	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music
10:30 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	11:00 Cooking Demo	11:00 Jewellery	1:15 Bingo	11:00 Songs of Praise
11:00 Presbyterian C/Service	1:30 Trivia	11:00 Carpet Bowls	1:30 Knitting Club	1:30 Entertainment-Thomas	2:00 Balloon Tennis	1:15 Word Games
11:00 Foot Spa	2:00 Sing Along	1:30 Cognitive Activities	2:00 Bean Bag Toss	2:00 Painting	3:00 Movie (Channel 512)	2:00 Exercise to Music
1:30 Word Games	2:45 Anglican O/L Service	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		3:00 Movie (Channel 512)
2:00 Dance to Music	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
3:00 Movie (Channel 512)						
14	15	16	17	18	19	20
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:30 Exercise to Music	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music
11:00 Foot Spa	11:00 Bingo	10:30 Exercise to Music	11:00 Welcome Morning Tea	11:00 Jewellery	1:15 Carpet Bowls	11:00 Songs of Praise
1:30 Word Games	1:30 Virtual Trivia	11:00 Carpet Bowls	11:00 Catholic C/Service	1:30 Armchair Travel	2:00 Basket Ball	1:15 Trivia
2:00 Puzzle Time	2:00 Music with Instruments	1:30 Cognitive Activities	1:30 Entertainment - Murray	2:00 One on Ones	3:00 Saturday at the Cinema	2:00 Exercise to Music
3:00 Movie (Channel 512)	2:45 Anglican C/Service	2:00 Music Therapy	2:00 Cooking Demo	3:00 Happy Hour	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
21	22	23	24	25	26	27
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Pet Therapy	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music	10:30 Exercise to Music
10:30 Exercise to Music	11:00 Bingo	10:30 Exercise to Music	11:00 Story Circle	11:00 Resident Meeting	1:15 Bingo	11:00 Songs of Praise
11:00 Foot Spa	1:30 Trivia	11:00 Carpet Bowls	1:30 Entertainment - Keff	1:30 Carpet Bowls	2:00 Balloon Tennis	1:15 Word Games
1:30 Word Games	2:00 Sing Along	1:30 Cognitive Activities	2:00 One on Ones	2:00 Bean Bag Toss	3:00 Movie (Channel 512)	2:00 Exercise to Music
2:00 Dance to Music	2:45 Anglican O/L Service	2:00 Music Therapy	2:45 Catholic O/L Service	3:00 Happy Hour		3:00 Movie (Channel 512)
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
				Daffodil Day 25th		
28	29	30	31			
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club			
10:30 Exercise to Music	10:30 Exercise to Music	10:15 Jewellery	10:30 Exercise to Music			
11:00 Foot Spa	11:00 Bingo	10:30 Exercise to Music	11:00 Art			
1:30 Virtual Word Flip	1:30 Virtual Trivia	11:00 Carpet Bowls	1:30 Entertainment - Hugh			
2:00 Puzzle Time	2:00 Music with Instruments	1:30 Cognitive Activities	2:00 Bean Bag Toss			
3:00 Movie (Channel 512)	2:45 Anglican O/L Service	2:00 Music Therapy	2:45 Catholic O/L Service			
	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)			
				Daffodil Day 25th		