

# SEPTEMBER 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>Men's Lunch Outing 4th</p>	 <p>Inter Facility Games 18th</p>	 <p>Wellness Day 27th</p>	<p>1</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Art 2:00 One on Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>2</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Basket Ball 1:30 Carpet Bowls 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>3</p> <p>10:00 Coffee Club 10:30 Yoga (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Trivia 3:00 Movie (Channel 512)</p> <p>Father's Day</p>
<p>4</p> <p>10:00 Coffee Club 10:15 Pet Therapy 10:30 Exercise to Music 11:00 Presbyterian C/Service 11:00 Foot Spa 1:30 Word Games 2:00 Dance to Music 3:00 Movie (Channel 512)</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>10:00 Coffee Club 10:00 Pastoral Care 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)</p>	<p>7</p> <p>10:00 Coffee Club 10:00 Exercise to Music 10:00 Catholic Eucharist 11:00 Carpet Bowls 1:30 Discussion Group 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>8</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Daniel 2:00 Art 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>9</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Balloon Tennis 1:30 Bingo 3:00 Movie (Channel 512)</p>	<p>10</p> <p>10:00 Coffee Club 10:30 Thi Chi (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Word Games 3:00 Movie (Channel 512)</p>
<p>11</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Puzzle Time 3:00 Movie (Channel 512)</p>	<p>12</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Music with Instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>13</p> <p>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)</p>	<p>14</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Cooking Demo 1:30 Entertainment-Eileen 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>15</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Armchair Travel 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>16</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Basket Ball 1:30 Carpet Bowls 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>17</p> <p>10:00 Coffee Club 10:30 Yoga (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Trivia 3:00 Movie (Channel 512)</p>
<p>18</p> <p>10:00 Coffee Club 10:15 Pet Therapy 10:30 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Dance to Music 3:00 Movie (Channel 512)</p> <p>Inter Facility Games</p>	<p>19</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican C/ Service 3:00 Movie (Channel 512)</p>	<p>20</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>21</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Welcome Morning Tea 11:00 Catholic C/Service 1:30 Carpet Bowls 2:00 Cooking Demo 3:00 Movie (Channel 512)</p>	<p>22</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Entertainment-Hugh 2:00 One on Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>23</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Balloon Tennis 1:30 Bingo 3:00 Movie (Channel 512)</p>	<p>24</p> <p>10:00 Coffee Club 10:30 Thi Chi (Channel 512) 11:15 Songs of Praise 11:15 Exercise to Music 1:30 Word Games 3:00 Movie (Channel 512)</p>
<p>25</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Puzzle Time 3:00 Movie (Channel 512)</p>	<p>26</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Music with Instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>27</p> <p>10:00 Coffee Club 10:15 Jewellery 10:30 Exercise to Music 11:00 Carpet Bowls 1:30 Wellness Talk 2:00 Music Therapy 3:00 Movie (Channel 512)</p> <p>Wellness day</p>	<p>28</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Bingo 1:30 Cognitive Activities 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>29</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Resident Meeting 1:30 Entertainment-Murray 2:00 Bean Bag Toss 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>30</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Basket Ball 1:30 Carpet Bowls 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>Other Activities</p> <p>Wattle Activities Physio Pain Clinic : Mon &amp; We Bus Trips : Mon, Wed &amp; Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri Hair Dresser : Tue - Fri</p>