




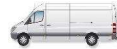
























Abbey House Activity Planner - October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 10.00 Meditation  10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits	31 HALLOWEEN 10.00 Meditation 10.45 Book Club 2.00 Halloween Happy Hour (Coffee Shop) 		MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Seated Tai Chi 2.00 Movie or Documentary	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 NRL GRAND FINAL 
2 LABOUR DAY 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	3 SUPERHERO WEEK 10.00 Meditation 10.45 Book Club  2.00 Scenic Bus Trip 2.30 Documentary	4 WORLD ANIMAL DAY 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	5 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz Competition 	6 ODD SOCKS DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Crossword Conundrum 3.00 Jenny on Piano 	7 Every Saturday @2pm a film will be played in the Argyle Lounge by Gabby.	8 
9 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	10 10.00 Meditation 10.30 Resident Meeting & Seniors Rights Info. Session 2.00 Scenic Bus Trip  2.30 Armchair Travel	11 'FOOD DAY' 10.00 Meditation 10.30 Relative Meeting 10.45 Food Discussion & Quiz (Argyle) 2.00 'Food' Bingo 	12 WORLD ARTHRITIS DAY 10.30 Catholic Service (Chapel) 2.00 Nerf Gun Fun 	13 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Hand Pool 	14 	15 MUSHROOM DAY 
16 10.00 Meditation  10.30 ABE. Food Meeting 10.45 Walks & Talks 2.00 Memorial Service (Chapel)	17 BREAST CANCER AWARENESS MONTH 10.00 Meditation 10.45 Book Club  2.00 Scenic Bus Trip 2.30 Documentary	18 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy)  2.00 Bingo	19 10.45 Interdenominational Church Service (Chapel) 2.00 Putt-Putt Golf 	20 LOUD SHIRT DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Balloon Buffoonery 3.00 Jenny on Piano 	21 	22 
23 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	24 10.00 Meditation 10.45 October Thru History  2.00 Scenic Bus Trip 2.30 Armchair Travel	25 10.00 Meditation 10.30 Anglican Service (Chapel)  2.00 Bingo	26 10.30 Catholic Service (Chapel)  2.00 Virtual Quiz	27 TEACHERS' DAY 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Cinema Afternoon 	28 <- BANDANA DAY 	29 