

Abbey House Activity Planner - November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 ALL SAINTS' DAY 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	2 10.45 Interdenominational Church Service (Chapel) 2.00 Virtual Quiz Competition 	3 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Rebus Puzzles 3.00 Jenny on Piano 	4 Every Saturday & Sunday @2pm a film is played in the Argyle St Lounge by Gabby.	5 GUY FAWKES NIGHT 
	6 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks  2.00 Armchair Travel on Channel 351 in Rooms. Melbourne Cup Prep.	7 MELBOURNE CUP  10.00 Meditation Rec Office Open 10am-12pm for \$1 \$2 \$5 sweeps. MELBOURNE CUP 2.00 in the Argyle St Lounge	8 10.00 Meditation 10.45 Book Club  2.00 Bingo	9 10.30 Catholic Service (Chapel) 2.00 Tenpin Bowling 	10 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Remembrance Day Service (Argyle) 	11 REMEMBRANCE DAY 
13 WORLD KINDNESS DAY 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks  2.00 Ainsley Collection (Coffee Shop) 2.00 PPT (LOC.)	14 10.00 Meditation  10.45 Resident Meeting 1.30 Mittagong Primary School Choir & Afternoon Tea in the Coffee Shop	15 10.00 Meditation 10.30 Relative Meeting 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	16 10.45 Interdenominational Church Service (Chapel) 2.00 Bus Trip  2.30 Armchair Travel (351)	17 10.45 Exercise Class (Argyle)  1.00 Knitting Group (Fitzroy) 2.00 Virtual Quiz 3.00 Jenny on Piano	18 KINDNESS day 	19 
20 10.00 Meditation  10.30 ABE. Food Meeting 10.45 Walks & Talks 2.00 Maple Activity 2.00 Magnolia Activity 2.00 Aberdeen Activity	21 10.00 Meditation  10.45 Book Club 2.00 Bus Trip 2.30 Armchair Travel (351)	22 10.00 Meditation 10.30 Anglican Service (Chapel)  2.00 Bingo	23 THANKSGIVING 10.30 Catholic Service (Chapel)  2.00 Pre-Loved Clothing Giveaway (Argyle)	24 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Balloon Buffoonery 	25 HAPPY THANKSGIVING 	26 
27 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks & Talks  2.00 Crossword Conundrum 2.00 PPT (LOC.) 3.00 One on One Room Visits	28 10.00 Meditation 10.45 Word Games  2.00 Bus Trip 2.30 Documentary (351)	29 10.00 Meditation 10.45 Relaxing Colouring 2.00 Bingo 2.30 LOC. High Tea 	30 10.45 Interdenominational Church Service (Chapel) 2.00 Hand Pool (Billiard Room) 	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>