





















Abbey House Activity Planner - December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		WORLD AIDS DAY 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 One on One Room Visits 3.00 Jenny on Piano (Argyle) 	Every Saturday & Sunday @2pm a film is played in the Argyle St Lounge by Gabby.	DISABLED PERSONS DAY 
4 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	5 10.00 Meditation 10.45 Armchair Travel (Argyle)  2.00 Relaxing Colouring (Art Room)	6 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy)  2.00 Christmas Tree Decorating (Dining Rooms)	7  10.50 Frensham Girls Choir (Front Staircase) 2.00 Interdenominational Church Service (Chapel)	8 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiard Room) 	9 	10 INT'L MOUNTAIN DAY --> 
11  Maple Christmas Lunch At 12pm 2.00 PPT (LOC.)	12  Maenolia Christmas Lunch At 12pm	13  Aberdeen Christmas Lunch At 12pm	14  Lochinvar Christmas Lunch At 12pm	15 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Virtual Quiz - Bonus 3.00 Jenny on Piano 	16 	17 
18 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks & Talks  2.00 Book Club 3.00 One on One Room Visits	19 10.00 Meditation 10.45 Resident Meeting  2.00 Bus Trip 2.30 Armchair Travel (351)	20 10.00 Meditation 10.30 Relative Meeting 10.45 Tai Chi with Ruth (Fitzroy)  2.00 Funny Money Shoppe (Argyle)	21 10.45 Catholic Service (Chapel) 2.00 Christmas Carols Singalong (Argyle) 	22 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Wandering Carolers (Room Visits) 	23 	24 CHRISTMAS EVE 
25 CHRISTMAS DAY 10.45 Xmas-Themed Word Games (Argyle)  3.00 One on One Room Visits	26 BOXING DAY 10.45 December Thru History / Reminiscing 2.00 Crossword Conundrum 	27 10.45 Anglican Service (Chapel) 2.00 Bingo 	28 10.45 Interdenominational Church Service (Chapel) 2.00 Putt-Putt Golf 	29 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Balloon Buffoonery 	30 	31 NEW YEAR'S EVE 2024 HAPPY NEW YEAR