

DECEMBER 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>Other Activities</p> <p>Wattle Activities Physio Pain Clinic : Mon & We Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri</p>			<p>1</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>2</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>3</p> <p>10:00 Coffee Club 11:00 Songs of Praise 1:15 Word Games 1:15 Podcast & Discussion 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
	4	5	6	7	8	9
	10	11	12	13	14	15
	16	17	18	19	20	21
	22	23	24	25	26	27
<p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Café 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 11:00 Helen - Pastoral care 1:30 Cognitive Activities 2:00 Music Therapy 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:30 Resident Xmas party 2:30 Entertainment - Hugh 2:00 Entertainment - Ross 3:00 Movie (Channel 512) Resident Xmas Party</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Craft with Anton 2:00 Carpet Bowl 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:30 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
11	12	13	14	15	16	17
<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Presbyterian C/Service 1:30 Word Games 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 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>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) Christmas Shopping Trip</p>	<p>10:00 Coffee Club 10:15 Exercise 11:00 Welcome Morning Tea 2:00 One on Ones 1:30 Entertainment - Keff 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 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>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs of Praise 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
18	19	20	21	22	23	24
<p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:15 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip 2:00 Sing along with Dan 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia 2:00 Sing Along 3:00 Anglican C/ Service 3:00 Movie (Channel 512)</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>10:00 Coffee Club 10:15 Exercise to Music 11:00 Art 1:30 Entertainment - Layla 2:00 Bean Bag Toss 2:45 Catholic C/Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Bible Studies 2:00 Afternoon Tea - Café 3:00 Xmas Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
25	26	27	28	29	30	31
<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Carpet Bowls 3:00 Movie (Channel 512) Merry Christmas</p>	<p>10:00 Coffee Club 10:15 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>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>10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Story Circle 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Daniel 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Saturday at the Cinema 3:00 Movie (Channel 512)</p>	<p>10:00 Coffee Club 11:00 Songs of Praise 1:30 Entertainment - Murray 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>