

JANUARY 2024 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Café 3:00 Movie (Channel 512)	2 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia (B) 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	3 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)	4 10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Bingo 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	5 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment-Thomas 2:00 Painting 3:00 Happy Hour 3:00 Movie (Channel 512)	6 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)	7 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)
8 10:00 Coffee Club 10:00 Pet Therapy All Floors 10:15 Exercise to Music 11:00 Foot Spa 1:30 Virtual Word Flip (B) 2:00 Dancing to Music 3:00 Movie (Channel 512)	9 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)	10 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)	11 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Keff 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	12 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bible Studies 2:00 Carpet Bowl 3:00 Happy Hour 3:00 Movie (Channel 512)	13 10:00 Coffee Club 10:30 Exercise 1:30 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)	14 10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
15 10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Sing along with Dan 3:00 Movie (Channel 512)	16 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)	17 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)	18 10:00 Coffee Club 10:15 Exercise 11:00 Welcome Morning Tea 11:00 Catholic C/Service 2:00 One on Ones 1:30 Cooking Demo 3:00 Movie (Channel 512)	19 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Entertainment - Eileen 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)	20 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)	21 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) International Hug Day
22 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 Carpet Bowls 3:00 Movie (Channel 512)	23 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)	24 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)	25 10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Armchair Travel 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)	26 10:00 Coffee Club 10:15 Exercise to Music 11:00 Aussie Thong Throwing 1:30 Entertainment - Hugh 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512) Australia Day	27 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512)	28 10:00 Coffee Club 11:00 Songs of Praise 1:15 Trivia 2:00 Exercise to Music 3:00 Movie (Channel 512)
29 10:00 Coffee Club 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)	30 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 2:45 Anglican O/L Service 3:00 Movie (Channel 512)	31 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)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		Other Activities Wattle Activities Physio Pain Clinic : Mon & Wed Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri	

