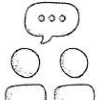
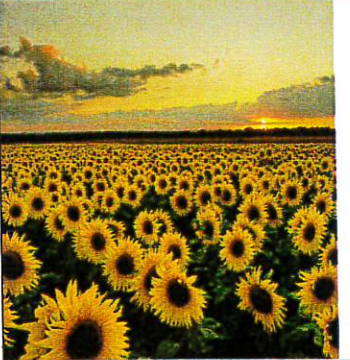


Abbey House Activity Planner - February 2024

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>	1 10.45 Interdenominational Church Service (Chapel) 2.00 Cinema Afternoon 	2 UKULELE DAY 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Jenny on Piano (Argyle) 	3 Saturdays & Sundays @2pm a film is played in the Argyle St Lounge by Gabby.	4 
5 10.00 Meditation 10.45 Walks & Talks 2,30 Paws Pet Therapy Maple 2.00 Word Target 3.00 One on One Room Visits	6 10.00 Meditation 10.45 Book Club (Argyle) 2.00 Bus Trip 2.00 Movie (351) 	7 CHARLES DICKENS' BIRTHDAY 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	8 10.45 Catholic Service (Chapel) 2.00 Balloon Buffoonery 	9 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Hand Pool (Billiard Room) 	10 CHINESE NEW YEAR 	11 
12 10.00 Meditation 10.45 Walks & Talks  2.00 Current Affairs/Rem 3.00 One on One Room Visits	13 WORLD RADIO DAY 10.00 Meditation 10.45 Resident Meeting 2.00 Bus Trip 2.00 Armchair Travel (351) 	14 VALENTINE'S DAY 10.00 Meditation 10.30 Relative Meeting 10.45 Relaxing Colouring (Art Room)  2.00 Valentine's Day High Tea	15 2.00 Interdenominational Church Service (Chapel)  2.00 Cinema Afternoon	16 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Jenny on Piano (Argyle) 	17 HAPPY Valentines DAY 	
19 10.00 Meditation 10.45 Walks & Talks 2.30 Paws Pet Therapy Mag 2.00 Word Target 3.00 One on One Room Visits	20 10.00 Meditation 10.45 Book Club (Argyle) 2.00 Bus Trip 2.00 Movie (351) 	21 PANCAKE DAY 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	22 10.45 Catholic Service (Chapel) 2.00 Putt-Putt Golf 	23 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Board Games 	24 	25 
26 10.00 Meditation 10.45 Walks & Talks  2.00 Word Target 3.00 One on One Room Visits	27 POLAR BEAR DAY 10.00 Meditation 10.45 February Thru History 2.00 Bus Trip 2.00 Armchair Travel (351) 	28 10.00 Meditation 10.45 Anglican Service (Chapel) 2.00 Bingo 	29 2.00 Interdenominational Church Service (Chapel) 2.00 Carpet Bowls 