

FEBRUARY 2024 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>CHINESE NEW YEAR</p>		<p>1</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Entertainment - Murray 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>2</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>3</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>4</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>
<p>5</p> <p>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)</p>	<p>6</p> <p>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)</p>	<p>7</p> <p>10:00 Coffee Club 10:30 Exercise to Music 11:00 Carpet Bowls 11:00 Helen - Pastoral care 1:30 Cognitive Activities 3:00 Movie (Channel 512)</p>	<p>8</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Art/Craft 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>9</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bible Studies 1:30 Entertainment- Dan 2:00 Carpet Bowl 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>10</p> <p>10:00 Coffee Club 10:30 Exercise 1:30 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>11</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>
<p>12</p> <p>10:00 Coffee Club 10:00 Pet Therapy All Floors 10:15 Exercise to Music 11:00 Foot Spa 11:15 Presbyterian C/Service 1:30 Virtual Word Flip (B) 2:00 Dancing to Music 3:00 Movie (Channel 512)</p>	<p>13</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia (C) 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>14</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>15</p> <p>10:00 Coffee Club 10:15 Exercise 11:00 Welcome Morning Tea 11:00 Catholic C/Service 2:00 One on Ones 1:30 Entertainment - Leyla 3:00 Movie (Channel 512)</p>	<p>16</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 Afternoon Tea - Café 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>17</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>18</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>
<p>19</p> <p>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)</p>	<p>20</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing Along 3:15 Anglican C/Service 3:00 Movie (Channel 512)</p>	<p>21</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>22</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Armchair Travel 1:30 Entertainment - Keff 2:00 Balloon Tennis 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>23</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Cooking Demo 2:00 Art 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>24</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512)</p>	<p>25</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>
<p>26</p> <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 (C) 2:00 Carpet Bowls 3:00 Movie (Channel 512)</p>	<p>27</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia (B) 2:00 Music with instruments 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>28</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>29</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Art/Craft 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</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>		