

Abbey House Activity Planner - March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MONDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Tai Chi 2.00 Movie 	DUE TO UNFORESEEN CIRCUMSTANCES, SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE.	Wing Activity Locations MAPLE LOCATIONS: Inverloch Lounge and Maple Dining MAGNOLIA LOCATIONS: Bonnie Doon Lounge, Fitzroy Lounge and Magnolia Dining ABERDEEN LOCATIONS: Orkney Lounge, St Andrews Lounge and Aberdeen Dining		1 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Rebus Puzzles 3.00 Jenny on Piano K	2 SATURDAYS AND SUNDAYS AT 2 PM a film is played in the Argyle St Lounge by Gabby.	3 
4 10.00 Meditation 10.30 MAP. Food Meeting 10.45 Walks and Talks 2.00 Word Target 2.30 Paws Pet Therapy Aberdeen	5 10.00 Meditation 10.45 Relaxing Colouring 2.00 Bus Outing 2.30 Armchair Travel	6 10.00 Meditation 10.45 Short Stories 2.00 Bingo	7 10.45 Interdenominational Church Service 2.00 Nerf Gun Fun	8 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Quiz	9 	10 
11 10.00 Meditation 10.30 MAG. Food Meeting 10.45 Walks and Talks 2.00 Crossword Conundrums 3.00 One on One Room Visits	12 10.00 Meditation 10.45 Resident Meeting 2.00 Bus Outing 2.30 Armchair Travel	13 10.00 Meditation 10.30 Relative Meeting 2.00 Bingo	14 10.45 Catholic Service Chapel 2.00 Art and Craft Art Room Maple Wing	15 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 St Patrick's Day Happy Hour 3.00 Jenny on Piano K	16 	17 ST PATRICK'S DAY 
18 10.00 Meditation 10.30 ABE. Food Meeting 10.45 Walks and Talks 2.00 Word Target 2.30 Paws Pet Therapy Magnolia	19 10.00 Meditation 10.45 Current Affair/Rem 2.00 Bus Outing 2.30 Armchair Travel	20 10.00 Meditation 10.45 Book Club 2.00 Bingo	21 HARMONY DAY 10.45 Interdenominational Church Service 2.00 Multicultural Day	22 10.45 Exercise Class (Argyle) 1.00 Knitting Group (Fitzroy) 2.00 Word Target	23 	24 
25 10.00 Meditation 10.30 LOC. Food Meeting 10.45 Walks and Talks 2.00 Word Target 3.00 One on One Room Visits	26 10.00 Meditation 10.30 Mittagong Public School Visit 2.00 Bus Outing 2.30 Armchair Travel	27 10.00 Meditation 11.00 Anglican Service Chapel 2.00 Bingo	28 10.45 Catholic Service Chapel 2.00 Magic Jester	29 GOOD FRIDAY  2.00 March Through History K	30 EASTER SATURDAY 	31 EASTER SUNDAY 