
























# Abbey House Activity Planner - April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>EASTER MONDAY / APRIL FOOL'S DAY</b> 	<b>2</b> <b>AUTISM AWARENESS DAY</b> 10.45 Walks & Talks 2.00 Cinema Afternoon 	<b>3</b> 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	<b>4</b> 10.45 St. Jude's Online Church Service (Argyle) 2.00 Putt-Putt Golf 	<b>5</b> 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 	<b>6</b> Saturdays @2pm a film is played in the Argyle St Lounge by Gabby.	<b>7</b> 10.00 Seated Exercise & Tai Chi (Ch. 351 & Argyle) 2.00 Brain Teasers (Argyle) 
<b>8</b> 10.45 Walks & Talks 2.00 Word Target 2.30 Paws Pet Therapy in Aberdeen 	<b>9</b> 10.45 Resident Meeting 2.00 Cinema Afternoon 	<b>10</b> 10.30 Relative Meeting 10.45 Relaxing Colouring (Art Room) 2.00 Bingo 	<b>11</b> 10.45 Catholic Service (Chapel) 2.00 Virtual Quiz Competition 	<b>12</b> 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Jenny on Piano (Argyle)		<b>13</b>  autumn
<b>15</b> 10.00 Meditation 10.45 Walks & Talks 2.00 Art & Craft: Card Making (Art Room) 3.00 One on One Room Visits	<b>16</b> <b>LEISURE DAY</b> 10.00 Meditation 10.45 Current Affairs / Reminiscing (Argyle) 2.00 Bus Trip 2.00 Armchair Travel (Ch. 351)	<b>17</b> 10.00 Meditation 10.45 Tai Chi with Ruth (Fitzroy) 2.00 Bingo 	<b>18</b> 2.00 Interdenominational Church Service (Chapel) 2.00 Paul Leventhal Classical Guitar Concert (Argyle)	<b>19</b> 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Cinema Afternoon 	<b>20</b> 	<b>21</b> 10.00 Seated Exercise & Tai Chi (Ch. 351 & Argyle) 2.00 Brain Teasers (Argyle) 
<b>22</b> <b>EARTH DAY</b> 10.00 Meditation 10.45 Walks & Talks  2.00 Crossword Conundrum 2.30 Paws Pet Therapy in Magnolia	<b>23</b> 10.00 Meditation 10.45 Book Club (Argyle) 2.00 Bus Trip 2.00 Movie (Ch. 351) 	<b>24</b> <b>GUIDE DOG DAY</b> 10.00 Meditation 10.45 Anglican Service (Chapel) 2.00 Bingo 	<b>25</b> <b>ANZAC DAY</b> 10.45 Catholic Service (Chapel) 2.00 ANZAC Service (Argyle)	<b>26</b> 10.45 Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Ainsley Collection (Coffee Shop) 3.00 Jenny on Piano (Argyle)	<b>27</b> 	<b>28</b> 10.00 Seated Exercise & Tai Chi (Ch. 351 & Argyle) 2.00 Bonus Virtual Quiz (Argyle) 
<b>29</b> <b>DANCE DAY</b> 10.00 Meditation 10.45 Walks & Talks 2.00 Word Target 3.00 One on One Room Visits 	<b>30</b> <b>JAZZ DAY</b> 10.00 Meditation 10.45 April Thru History 2.00 Bus Trip 2.00 Armchair Travel (Ch. 351) 			<b>MONDAY TO FRIDAY ON CHANNEL 351:</b> 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: Partners In Care are encouraged to attend any activity with their loved ones on our monthly planner.