

APRIL 2024 ACTIVITY CALENDAR - WAHROONGA HOME

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10:00 Coffee Club 10:15 Exercise Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing A Long 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 11:00 Helen - Pastoral Care 1:30 Cognitive Activities 3:00 Music Therapy 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Entertainment - Murray 2:00 Been Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 Arts/Craft 3:00 Happy Hour 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:30 Exercise 1:30 Entertainment 2:00 Bean Bag Toss 3:00 Movie (Channel 512) | 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Bingo 3:00 Movie (Channel 512) |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 10:00 Coffee Club 10:15 Exercise Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing A Long 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activities 3:00 Music Therapy 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Cooking Demo 1:30 Entertainment - Keff 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bible Studies 2:00 Carpet Bowls 3:00 Happy Hour 3:00 Movie (Channel 512) | 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) | 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Exercise to Music 3:00 Movie (Channel 512) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 10:00 Coffee Club 10:15 Exercise Music 11:00 Foot Spa 1:30 Word Flip (B) 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia © 2:00 Sing A Long 3:00 Anglican C/Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Carpet Bowls 1:30 Cognitive Activity 3:00 Music Therapy 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Welcome Morning Tea 11:00 Catholic C/Service 1:30 Entertainment - Layla 2:00 Bean Bag Toss 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Armchair Travel 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Basket Ball 3:00 Movie (Channel 512) | 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Bingo 3:00 Movie (Channel 512) |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 10:00 Coffee Club 10:15 Exercise Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing A Long 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Cognitive Activity 3:00 Music Therapy 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:30 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Hugh 2:00 One on Ones 2:45 Catholic O/L Service 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Anzac Day Service 1:30 Story Circle 2:00 Carpet Bowls 3:00 Happy Hour 3:00 Movie (Channel 512) | 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) | 10:00 Coffee Club 11:00 Church Service 1:15 Word Games 1:15 Podcast & Discussion 2:00 Exercise to Music 3:00 Movie (Channel 512) |
| 29 | 30 | DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE | | ANZAC Day Service  | | |
| 10:00 Coffee Club 10:15 Exercise Music 11:00 Foot Spa 1:30 Virtual Word Flip © 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) | 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia (B) 2:00 Sing A Long 2:45 Anglican O/L Service 3:00 Movie (Channel 512) | Other Activities Wattle Activities Physio Pain Clinic : Mon & We Bus Trips : Mon, Wed & Fri Hair Dresser : Tue - Fri Room Visits : Mon - Fri | | | | |