
































Abbey House Wellbeing and Social Support Calendar - March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.45 Walks & Talks (weather permitting) 2.00 Word Target (Groups)  3.30 One on One Room Visits	SUNDAY TO FRIDAY ON CHANNEL 351: 10.00 Seated Exercise 10.30 Seated Tai Chi 10.45 Relaxing Meditation 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 Every Saturday and Sunday @2pm a film is played in the Argyle St Lounge by Gabby.	2 
World Wildlife Day 3 10.30 Food Meeting - Abe. (in the Argyle St Lounge) 10.30 Meditation with Jo (Cinema Room) 2.00 Storytelling with Sally (Argyle)	4 10.45 Physio Exercise Class (Argyle) 2.00 Documentary  (in the Argyle St Lounge)	5 10.00 Meditation  10.30 One on One Room Visits 1.30 Movie in the Cinema	6  10.00 Movie in the Cinema 12.00 Omelette Lunch - Maple 2.00 Pet Therapy Room Visits with Minnie	7 10.45 Physio Exercise Class (Argyle) 12.00 BBQ Lunch - Mag. 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 	International 8 	9 
10  10.30 Food Meeting - Mag. (in the Cinema Room) 10.45 Walks & Talks (weather permitting) 2.00 Word Target (Groups) 2.30 Paws Pet Therapy Visits 3.30 One on One Room Visits	11  10.30 Resident Meeting 2.00 Virtual Quiz Competition 	12 10.00 Meditation 10.30 Relative Meeting 2.00 Tenpin Bowling (Argyle) 	13  10.45 Catholic Service (Chapel) 12.00 Omelette Lunch - Abe. 2.00 Carpet Bowls (Argyle) 	14  10.45 Physio Exercise Class (Argyle) 12.00 BBQ Lunch - Maple 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Piano Concert with Jenny	15 	16  10.00 Activities on Channel 351 2.00 Movie on Channel 351
Saint Patrick's Day 17 10.30 Food Meeting - Maple (in the Inverloch Lounge)  2.00 St Patrick's Day Happy Hour (Café Grand Opening)	18 10.45 Physio Exercise Class (Argyle) 2.00 Piano Concert with Damien (Argyle)	19 10.00 Meditation 10.30 Hand Pool (Billiard Room)  2.00 Word Flip Competition	20 10.00 Movie in the Cinema 10.00 Uniting Church Service (Chapel) 12.00 Omelette Lunch - Mag. 2.00 Balloon Buffoonery (Argyle) 	Harmony Day 21 10.45 Physio Exercise Class (Argyle) 12.00 BBQ Lunch - Abe. 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 	22 	23  10.00 Activities on Channel 351 2.00 Movie on Channel 351
24 10.45 Walks & Talks (weather permitting)  2.00 Crosswords (Groups) 2.30 Paws Pet Therapy Visits 3.30 One on One Room Visits	Greek Independence 25  10.45 Physio Exercise Class (Argyle) 2.00 Scenic Bus Trip 2.00 Armchair Travel (Argyle)	26  10.00 Meditation 10.45 Anglican Service (Chapel) 2.00 Bingo (Mag. Dining)	27 10.45 Catholic Service (Chapel)  2.00 Art & Craft with Kylie (Mag. Dining)	28  10.45 Physio Exercise Class (Argyle) 1.30 Knitting Group (Fitzroy) 2.00 Friday Quiz 3.00 Piano Concert with Jenny	29 	30  10.00 Activities on Channel 351 2.00 Movie on Channel 351