



THOMPSON  
HEALTH CARE

# JANUARY 2025 ACTIVITY CALENDAR - WAHROONGA HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>Other Activities</b>	1	2	3	4	5
	<b>Wattle Activities</b>	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
	Pain Clinic : Mon & Wed	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music
	Bus Trips : Mon, Wed, Fri	11:00 Carpet Bowls	11:00 Carpet Bowls	11:00 Art & Crafts	11:00 Bible Studies	11:00 Church Service
	Hair Dresser : Tue, Wed & Fri	1:30 Knitting	1:30 Movies at the Cinema	1:30 Jewellery	1:15 Bingo	1:15 Word Games
Room Visits : Mon - Fri	3:00 Music Therapy	2:00 Balloon Tennis	2:00 One On Ones	2:00 Bean Bag Toss	2:00 Bingo	
Carpet Bowls - By invitation	3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Happy Hour	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)	
Foot Spa - By invitation		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)			
6	7	8	9	10	11	12
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise	11:00 Church Service
11:00 Foot Spa	11:00 Bingo	11:00 Carpet Bowls	11:00 Discussion Group	11:00 Jewellery	1:15 Carpet Bowls	1:15 Word Games
1:30 Word Games	1:30 Trivia	1:30 Cognitive Activity	1:30 Entertainment - Keff	1:30 Bingo	2:00 Balloon Tennis	2:00 Bingo
2:00 Afternoon Tea - Cafe	2:00 Sing A Long	3:00 Music Therapy	2:00 Bean Bag Toss	2:00 One On Ones	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
3:00 Movie (Channel 512)	2:45 Anglian O/Service	3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Happy Hour		
	3:00 Movie (Channel 512)		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
13	14	15	16	17	18	19
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise	11:00 Church Service
11:00 Foot Spa	11:00 Bingo	11:00 Carpet Bowls	11:00 Welcome Morning Tea	1:30 Jewellery	1:15 Bingo	1:15 Podcast Discussion
11:00 Carpet Bowls	1:30 Trivia	1:30 Cognitive Activity	1:30 Entertainment - Murray	1:30 Armchair Travel	2:00 Bean Bag Toss	2:00 Bingo
1:30 Word Games	2:00 Carpet Bowls	3:00 Music Therapy	2:00 Balloon Tennis	2:00 One On Ones	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
2:00 Afternoon Tea - Cafe	2:45 Anglian O/Service	3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Happy Hour		
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
20	21	22	23	24	25	26
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club
10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:30 Exercise	11:00 Church Service
11:00 Foot Spa	11:00 Bingo	11:00 Carpet Bowls	11:00 News reading	11:00 Jewellery	1:15 Carpet Bowls	1:15 Thong Throwing
1:30 Word Games	1:30 Trivia	1:30 Cognitive Activity	1:30 Entertainment - Eileen	1:30 Cooking Demo	2:00 Balloon Tennis	2:00 Bingo
2:00 Afternoon Tea - Cafe	2:00 Sing A Long	3:00 Music Therapy	2:00 Bean Bag Toss	2:00 Cooking Demo	3:00 Movie (Channel 512)	3:00 Movie (Channel 512)
3:00 Movie (Channel 512)	2:45 Anglian O/Service	3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Happy Hour		
	3:00 Movie (Channel 512)		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		
27	28	29	30	31		
10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club	10:00 Coffee Club		
10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	10:15 Exercise to Music	1:30 Resident meeting	
11:00 Foot Spa	11:00 Bingo	11:00 Carpet Bowls	11:00 Knitting	1:30 Jewellery	1:30 Entertainment - Dan	
11:00 Carpet Bowls	1:30 Trivia	1:30 Word Games	1:30 Jewellery	2:00 Balloon Tennis	2:00 One On Ones	
1:30 Word Flip ©	2:00 Carpet Bowls	3:00 Music Therapy	2:00 Balloon Tennis	2:00 One On Ones		
2:00 Afternoon Tea - Cafe	2:45 Anglian O/Service	3:00 Movie (Channel 512)	2:45 Catholic O/L Service	3:00 Happy Hour		
3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		3:00 Movie (Channel 512)	3:00 Movie (Channel 512)		