



NOVEMBER 2024 ACTIVITY CALENDAR - WAHROONGA HOUSE

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