



# OCTOBER 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>1 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)</p>	<p>2 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>3 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Murray 2:00 Sing A Long 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>4 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Knitting 2:00 Arts/Craft 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>5 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>6 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>7 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>8 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia © 2:00 Carpet Bowls 2:45 Anglican O/L Service 3:00 Movie (Channel 512)</p>	<p>9 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>10 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Bingo 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>11 10:00 Coffee Club 10:15 Exercise to Music 11:00 Bible Studies 1:30 Entertainment - Dan 2:00 One on One 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>12 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>13 10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>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)</p>	<p>15 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>16 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>17 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 Cooking Demo 3:00 Movie (Channel 512)</p>	<p>18 10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Story Circle 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>19 10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Back Toss 3:00 Saturday at the Cinema</p>	<p>20 10:00 Coffee Club 11:00 Church Services 1:15 Podcast Discussion 2:00 Exercise to Music 3:00 Movie (Channel 512)</p>
<p>21 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)</p>	<p>22 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>23 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>24 10:00 Coffee Club 10:15 Exercise to Music 11:00 Cooking Demo 1:30 Entertainment - Hugh 2:00 Ballon Tennis 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>25 10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident Meeting 1:30 Jewellery 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>26 10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>27 10:00 Coffee Club 11:00 Church Service 1:15 Entertainment - Khan 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>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)</p> <p><b>Art Gallery Excursion</b></p>	<p>29 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>30 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><b>Art Gallery Excursion</b></p>	<p>31 10:00 Coffee Club 10:15 Exercise to Music 11:00 Armchair Travel 1:30 Entertainment - Keff 2:00 Sing A Long 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p><b>Other Activities</b></p> <p>Wattle Activities Pain Clinic : Mon &amp; Wed Bus Trips : Mon, Wed &amp; Fri Hair Dresser : Tue, Wed &amp; Fri Room Visits : Mon - Fri</p>		