



WELLBEING SOCIAL SUPPORT PROGRAM WAHROONGA HOUSE – MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Word Games 1:30 Word Flip (B) 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>Other Activities</p> <p>Wattle Activities Pain Clinic : Wed & Fri 11am Bus Trips : Mon, Wed, Fri Hair Dresser : Wed, Thu & Fri Room Visits : Mon - Fri Carpet Bowls - By invitation Foot Spa - By invitation</p>	 <p>St Patricks Day</p>	 <p>Harmony Week</p>	<p>1</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>2</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>3</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 Word Games 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512)</p>	<p>4</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing A Long 2:45 Anglian O/Service 3:00 Movie (Channel 512)</p>	<p>5</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>6</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Knitting 1:30 Entertainment - Murray 2:00 Balloon Tennis 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>7</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Arts & Craft 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>8</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>9</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Trivia 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>10</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Word Games 1:30 Word Flip (B) 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) Shopping Bus Trip</p>	<p>11</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Virtual Trivia © 2:00 Carpet Bowls 2:45 Anglian O/Service 3:00 Movie (Channel 512)</p>	<p>12</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>13</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Entertainment - Keff 2:00 Cooking Demo 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>14</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bible Studies 1:30 Cooking Demo 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>15</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>16</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Podcast Discussion 2:00 Bingo 3:00 Movie (Channel 512)</p>
 <p>17</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 1:30 St Pats Spud Bowls 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) St Patricks Day St Patrick's Day</p>	<p>18</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Bingo 1:30 Trivia 2:00 Sing A Long 2:45 Anglian C/Service 3:00 Movie (Channel 512)</p>	<p>19</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>20</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Welcome Morning Tea 11:00 Catholic C/Service 1:30 Entertainment - Eileen 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>21</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Jewellery 1:30 Newspaper Discussion 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512) Harmony Day</p>	<p>22</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Carpet Bowls 2:00 Balloon Tennis 3:00 Movie (Channel 512)</p>	<p>23</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Word Games 2:00 Bingo 3:00 Movie (Channel 512)</p>
<p>24</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Foot Spa 11:00 Carpet Bowls 1:30 Word Flip © 2:00 Afternoon Tea - Cafe 3:00 Movie (Channel 512) Magpies Waitara Lunch</p>	<p>25</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 Anglian O/Service 3:00 Movie (Channel 512)</p>	<p>26</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) Magpies Waitara Lunch</p>	<p>27</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Armchair Travel 1:30 Entertainment - Hugh 2:00 Bean Bag Toss 2:45 Catholic O/L Service 3:00 Movie (Channel 512)</p>	<p>28</p> <p>10:00 Coffee Club 10:15 Exercise to Music 11:00 Resident's Meeting 1:30 Entertainment - Dan 2:00 One On Ones 3:00 Happy Hour 3:00 Movie (Channel 512)</p>	<p>29</p> <p>10:00 Coffee Club 10:30 Exercise 1:15 Bingo 2:00 Bean Bag Toss 3:00 Movie (Channel 512)</p>	<p>30</p> <p>10:00 Coffee Club 11:00 Church Service 1:15 Podcast Discussion 2:00 Bingo 3:00 Movie (Channel 512)</p>