Wellbeing and Social Support Calendar
Thompson Health Care Home

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resident & Relative Meeting: Thursday 23 at 10:30am ***Hairdresser available every Wednesday by appointment*** ***Daily In-Room Movie at 1:30pm***		**1** 10:00am Coffee Club 10:30am Pilates w Bella 2:00pm Anglican Church In-person visit 2:30pm Heart-to-heart 3:30pm Happy Hour with Music Trivia	**2** 10:30am Dance with Emily & Alex 2:00pm Table Games - Prisoner game 2:00pm Knitting Club 3:30pm Happy Hour with News Reviews	**3** 10:30am Music with Louie 1:00pm Bus excursion to Art Gallery NSW 2:30pm Book Club 4:00pm Happy Hour with Bead-making	**4** 10:30am Bingo 2:00pm Cooking Club – Gingerbread baking 2:30pm Board Games – Scrabble Club 4:00pm Café Social	**5** 10:30am Singing & social group 11:00am Catholic Church (Virtual) 2:00pm Music Appreciation in Cinema 4:00pm Happy hour
6 10:30am Carpet Bowls 1:00pm Bus Excursion – Scenic Drive 2:30pm Local School Choir Performance 3:30pm Happy Hour	**7** 10:30am Quoits 2:00pm Pamper Day 2:30pm Trivia – Geography and Places we visited 3:30pm Happy Hour	**8** 10;00am Coffee club 10:30am Celebrate Multiculturism – Global Recipe Book 2:00pm Tai Chi with John 3:30pm Happy Hour	**9** 10:30am Pop-Up Markets in the Café - Handmade items to shop 2:00pm Bridge Club 2:00pm Movie in Cinema 4:00pm Happy Hour	**10 Piano Concert** 10:30am Music with Dom and Ross 1:30pm Coffee and talk shop 2:30pm Garden Club 3:30pm Happy Hour	**11** 10:30am Resident Community Art 2:00pm Book club 2:30pm Guest Speaker series 3:30pm Happy Hour	**12** 10:30am Resident Maria chat about Philippines 11:00am Catholic Church (Virtual) 2:00pm Card Games 4:00pm Happy Hour
13 10:30am Mini Golf 1:00pm Bus Excursion – Beach Trip 2:30pm Afternoon High Tea Celebration 3:30pm Happy Hour	**14 Bastille Day** 10:30am Resident Valerie w Current Affairs 2:00pm French Foreign Film in cinema with croissants and cheese platters 3:30pm Happy Hour	**15** 10:00am Chair Yoga with Bethany 10:30am Armchair Travel to France 2:30pm Guided Meditation 4:00pm Happy Hour	**16** 10:30am Music with Rod 2:00pm Uniting Church 2:00pm Knitting Club 2:30pm Dancing with DanceWise 3:30pm Happy Hour	**17** 10:30am Men's Shed 1:00pm Bus excursion for Bush Picnic 2:30pm Pottery Club 4:00pm Happy Hour	**18** 10:30am Resident Reading and Poetry Recitation 2:00pm Music with Ross 3:30pm Happy Hour with Karaoke and Elvis Singalong	**19** 10:30am Resident Pat / Jaqui about Australia 11:00am Catholic Church (Virtual) 2:00pm Travel documentary in Cinema 4:00pm Happy Hour
20 10:30am Balloon tennis 1:00pm Bus Excursion – Displays in the City 2:30pm Art and Craft – changing seasons 4:00pm Happy Hour	**21** 10:30am Online trivia 2:00pm Listening sensations 3:00pm Cooking Club – Soup and Salads 4:00pm Happy hour	**22** 10:00am Coffee Club 10:30am Movement and music w Emily /Alex 2:00pm Eileens Milestone birthday 4:00pm Happy Hour	**23** 10:30am Residents and Relatives meeting 2:00pm Yoga with Paul 2:00pm Knitting Club 4:00pm Happy Hour	**24 BBQ Day** 10:30am Art and crafts 1:00pm Tenpin bowling 2:30pm Movie in Cinema by Residents Choice 4:00pm Happy hour	**25** 10:30am Resident's story and presentation 2:00pm Meditation and mindfulness 2:30pm Card Games 4:00pm Happy hour	**26** 10:30am Sound Bath experience 11:00am Catholic Church (Virtual) 2:00pm Resident Ian 4:00pm Happy hour
27 10:30am Garden walk 1:00pm Bus Excursion – Probus Speakers Club 2:30pm Games: Guess the sound 4:00pm Happy Hour	**28** 10:30am Anglican Church Visit 1:00: BBQ and Beers Lunch 2:00pm Library Visit 4:00pm Happy Hour	**29 Bake Off** 10:30am Costumes from around the world 2:00pm Education with pharmacist Minh 2:30pm Resident Birthday Celebration 4:00pm Happy hour	**30** 10:30am Music and movement 2:00pm Games: Role reversal 2:00pm Knitting group 2:30pm Paper Craft 4:00pm Happy hour	**31** 10:30am Music instruments 1:00pm Putt putt golf and games 2:30pm Community Visit 4:00pm Happy hour	***Weather permitting some activities will be held in the garden*** ***Heart-to-Heart individual time with residents daily at 3:00pm***	