



September 2026

Waterford

Activity Calendar

Monday

Tuesday

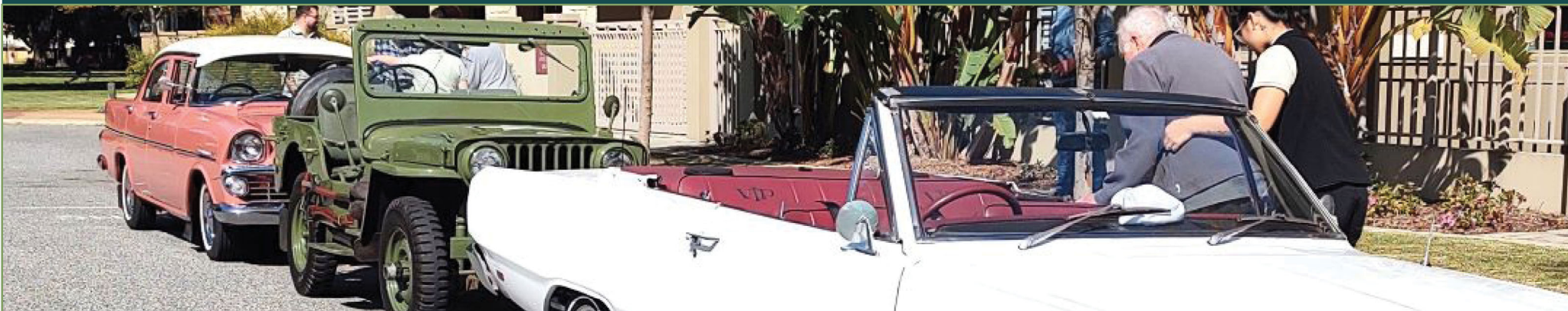
Wednesday

Thursday

Friday

Saturday

Sunday



	1 Books on Wheels 9.40am Chair aerobics 10:15am Morning connection 10.45 am Anglican service L4 Reminiscing about Father Day 2.00pm Royal Wedding (1951) Sewing & knitting L4 3.00pm Busy bee	2 9.40am Chair aerobics 10:15am Morning connection 11.00am Sing along/dancing 2.00pm Bingo 3.00pm Doll therapy	3 9.40am Chair aerobics 10.15am Morning connection 10.30am Father's Day Men's gathering (L4) 2.00pm Bowling 3.00pm Sing along	4 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo Orthodox service L4 1.45pm Friday social Derek Tobaris L4	5 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	6 Father's Day 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
7 9.40am Chair aerobics 10.15am Discussion - What's on for this week? 11.00am Quiz 2.00pm Bingo 3.00pm Dance it out	8 9.40am Chair aerobics 10:15am Morning connection 10.45 am Yoga L4 Colouring 2.00pm Dolly Parton act Live from the Greek theatre LA (Lifestyle meeting) 3.00pm Busy bee	9 9.40am Chair aerobics 10.15am Morning connection 11.00am Music from around the world Catholic service L4 2.00pm Pampering parlour 3.00pm Doll therapy	10 9.40am Chair aerobics 10.15am Morning connection 11.00am Flower arranging Sensory 2.00pm Floor games 3:00 pm Sing along	11 R U OK Day 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social on your own floor	12 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	13 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3:00pm Dance it out	15 9:40am Chair aerobics 10:15am Discussion 10:45am Painting 2:00pm The Hidden lives of Pets(doc) 3:00pm Busy bee	16 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along/dancing 2.00pm Bingo 3.00pm Doll therapy	17 9.40am Chair aerobics 10.15am Discussion 10.30am Residents & representatives meeting Flower arranging 2.00pm Cooking; Mozzarella Sticks 3.00pm Sing along	18 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social Toni Italiano L4	19 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	20 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
21 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3:00pm Dance it out	22 Books on Wheels 9:40am Chair aerobics 10:15am Discussion 10:45am Art & craft Yoga L4 2.00pm The Lucy Show (1962 (TV Show) Sewing & knitting L4 3.00pm Busy bee	23 Bus Outing 9.40am Chair aerobics 10:15am Discussion 11.00am Music appreciation 2.00pm Pampering parlour Individual visit 3.00pm Doll therapy	24 9.40am Chair aerobics 10.15am Discussion 11.00am Table games Ballet4wellbeing 2.00pm Gardening 3.00pm Sing along Violin & piano concert	25 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social & birthday Party on your own floor 	26 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	27 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
28 King's Birthday Holiday 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3:00pm Dance it out	29 9:40am Chair aerobics 10:15am Discussion 10:45am Painting 2.00pm Nails Diamond-Greatest Hit Live (1988) 3.00pm Busy bee	30 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along/dancing 2.00pm Bingo 3.00pm Doll therapy				