


AVALON HOUSE

ACTIVITY PLANNER OCTOBER 2021

* this planner is subject to change

BIRTHDAYS		BIRTHDAYS		FRIDAY 01		SATURDAY 02		SUNDAY 03					
HAPPY BIRTHDAY		HAPPY BIRTHDAY		Facetime ,Skype ,Phonecalls		10.45am Exercise		11.00am exercise					
Mick	Michael	by arrangement with RAO						11:00 Songs of Praise					
Judy		rao_avalonhouse@thc.net.au				1:45 Sing Along		2:00 Bingo					
Mike						2:00 Music Appreciation (D)		Ice cream Trolley					
													
MONDAY 04		TUESDAY 05		WEDNESDAY 06		THURSDAY 07		FRIDAY 08		SATURDAY 09		SUNDAY 10	
10:45 Exercise		10.00 Spring clean		10:45 Exercise		10:45 Exercise		10.45 Exercise		11:00 Exercise &		11:00 Songs of Praise	
1:45 Carpet Bowl		Residents rooms		1:45 Word Game		1:45 Sing Along		1.45 Balloon Tennis		Relaxation		1:45 Sunday Movie	
2:00 Reminiscing (D)		10.45 Concert DVD		2:00 Weekday Movie (D)		2.00 Spring Flower Arranging		2.00 Knitting Group (Coffee Shop)		2:00 Bingo		Ice cream Trolley	
3:45 Happy hour Daily		2.00 Singalong (D)				(D)		2:00 Music Appreciation (D)					
		1.45 MOVIE											
MONDAY 11		TUESDAY 12		WEDNESDAY 13		THURSDAY 14		FRIDAY 15		SATURDAY 16		SUNDAY 17	
10:45 Exercise		10.00 Spring Clean		10:45 Exercise		10:45 Exercise		10.45 Exercise		11:00 Exercise &		11:00 Songs of Praise	
1:45 Carpet Bowl		Residents Rooms		1:45 Armchair Travel		1.45 Octoberfest Concert		1.45 Putt Putt Golf		Relaxation		1:45 Sunday Movie	
2:00 Reminiscing (D)		10.45 Concert DVD		2:00 Weekday Movie (D)		with Keff and Afternoon Tea		2.00 Knitting Group (Coffee Shop)		2:00 Bingo		Ice cream Trolley	
3:45 Happy hour Daily		2.00 Singalong (D)				2.00 Aqua Painting (D)		2:00 Music Appreciation (D)					
		1.45 MOVIE											
MONDAY 18		TUESDAY 19		WEDNESDAY 20		THURSDAY 21		FRIDAY 22		SATURDAY 23		SUNDAY 24	
10:45 Exercise		10.45 Exercise		10:45 Exercise		10:45 Exercise		10.45 Exercise		11:00 Exercise &		11:00 Songs of Praise	
1:45 Carpet Bowl		2.00 Poetry		1.45 Art & Craft		1.45 Reminiscing		1.45 Balloon Tennis		relaxation		1:45 Sunday Movie	
2:00 Reminiscing (D)		2.00 Singalong (D)		2:00 Weekday Movie (D)		2.00 Mandella Colouring (D)		2.00 Knitting Group (Coffee Shop)		2:00 Bingo		Ice cream Trolley	
3:45 Happy hour Daily								2:00 Music Appreciation (D)					
MONDAY 25		TUESDAY 26		WEDNESDAY 27		THURSDAY 28		FRIDAY 29		SATURDAY 30		SUNDAY 1ST NOV	
10:45 Exercise		10.45 Exercise		10:45 Exercise		10.45 Music Therapy		10.45 Exercise		11:00 Exercise &		11:00 Songs of Praise	
1:45 Carpet Bowl		1.45 Art & Craft		1:45 Word Game		1.45 Balloon Tennis		1:45 Sing Along		relaxation		1:45 Sunday Movie	
2:00 Reminiscing (D)		2.00 Singalong (D)		2:00 Weekday Movie (D)		2.00 Aqua Painting (D)		2.00 Knitting Group (Coffee Shop)		2:00 Bingo		Ice cream Trolley	
3:45 Happy hour Daily								2.00 Music Appreciation (D)					
								3.45 October Birthday					
								Celebration Cake					