



























# AUGUST 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>WE WOULD LIKE TO ACKNOWLEDGE THE GADIGAL PEOPLE OF THE EORA NATION, THE TRADITIONAL CUSTODIANS OF THIS LAND, AND PAY OUR RESPECTS TO ELDERS BOTH PAST AND PRESENT.</p>	<p>1 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D)</p> <p>1.30 MURRAY FERGUSON CONCERT</p>	<p>2 11:00 GENTLE SEATED EXERCISE</p> <p>1.30 BALLOON TENNIS</p>	<p>3 11:00 FIND A WORD </p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>4 11:00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>5 11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 RESIDENT MEETING</p>	<p>6 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 POETRY READING </p>	<p>7 10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p> <p>1.30 DOCUMENTARY </p>	<p>8 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D)</p> <p>1.30 LEYLA CONCERT</p>	<p>9 11.00 FLORAL ART 11.00 POETRY READING (D)</p> <p>1.30 CARPET BOWLS </p>	<p>10 11.00 SINGALONG </p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>11 11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>12 11.00 MONDAY MORNING GET TOGETHER </p> <p>1.30 FERROGUSTO CELEBRATION</p>	<p>13 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 TRIVIA AND WORD GAMES </p>	<p>14 10.30 BALANCE AND STRENGTH 11.00 SPECIAL MORNING TEA</p> <p>1.30 SENIORS RIGHTS TALK</p>	<p>15 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D)</p> <p>1.30 PAUL LEVENTHAL CONCERT</p>	<p>16 10.45 CHRISTIAN SERVICE 11.00 GENTLE SEATED EXERCISE</p> <p>1.30 AGELESS MOVES </p>	<p>17 11.00 FIND A WORD </p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>18 11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>19 11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 ANGLICAN CHURCH SERVICE </p>	<p>20 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 RODERIC CONCERT</p>	<p>21 10.30 BALANCE AND STRENGTH 11.00 GAMES </p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>22 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D)</p> <p>1.30 POETRY READING </p>	<p>23 10.30 BUS TRIP 11.00 FLORAL ART </p> <p>1.30 CARPET BOWLS </p>	<p>24 11.00 SINGALONG </p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>25 11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>26 11.00 MONDAY MORNING GET TOGETHER </p> <p>1.30 CONCERT WITH LOVE DUO</p>	<p>27 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 ART AND CRAFT </p>	<p>28 10.45 CATHOLIC SERVICE 10.30 BALANCE AND STRENGTH </p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>29 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D)</p> <p>1.30 KEFF CONCERT</p>	<p>30 10.30 BUS TRIP 11.00 GENTLE SEATED EXERCISE</p> <p>1:00 MUSIC WITH CARLY (D) 1.30 DRUMMING </p>	<p>31 11.00 FIND A WORD </p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>