



























# AUGUST 2025 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.30-4.30PM HAPPY HOUR</p>	<p>WE ACKNOWLEDGE THE GADIGAL PEOPLE OF THE EORA NATION, THE TRADITIONAL CUSTODIANS OF THIS LAND, AND PAY OUR RESPECTS TO ELDERNS BOTH PAST AND PRESENT.</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>		<p>10:30 BUS TRIP 11:00 EXERCISE </p> <p>1:30 POETRY READING </p>	<p>11:00 FIND A WORD </p> <p>1:30 BINGO</p>	<p>11:00 SONGS OF PRAISE </p> <p>1:00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p>10:30 KNIT &amp; KNATTER 11:00 MONDAY MOR GET TOGETHER </p> <p>1:30 ART &amp; CRAFT</p>	<p>9:00 HAIRDRESSING 10:00 PET THERAPY 11:00 ROOM VISITS</p> <p>1:30 CONCERT LEYLA <b>CONCERT</b></p>	<p>10:30 HAND MASSAGE 10:30 BALANCE AND STRENGTH </p> <p>1:30 BUS TRIP 1:30 DOCUMENTARY</p>	<p>11:00 FLOWER ART 11:00 EXERCISE </p> <p>1:30 NEPALESE FESTIVAL CELEBRATIONS</p>	<p>10:30 BUS TRIP 11:00 EXERCISE</p> <p>1:30 BALLOON TENNIS</p>	<p>11:00 SINGALONG </p> <p>1:30 BINGO</p>	<p>11:00 SONGS OF PRAISE </p> <p>1:00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p>10:30 KNIT &amp; KNATTER 11:00 RESIDENT /DON MEETING</p> <p>1:30 CARPET BOWLS </p>	<p>9:00 HAIRDRESSING 10:00 PET THERAPY 11:00 ROOM VISITS</p> <p>1:30 POETRY </p>	<p>10:30 HAND MASSAGE 10:30 BALANCE AND STRENGTH</p> <p>1:30 BUS TRIP 1:30 DOCUMENTARY</p>	<p>11:00 SMOOTHY MAKING 11:00 EXERCISE</p> <p>1:30 CONCERT RODERIC <b>CONCERT</b></p>	<p><b>VP DAY</b> 10:30 BUS TRIP 11:00 LOVE IN ACTION </p> <p>1:00 COMMEMORATIVE VICTORY IN THE PACIFIC ASSEMBLY 1:30 AGELESS MOVES</p>	<p>11:00 FIND A WORD </p> <p>1:30 BINGO</p>	<p>11:00 SONGS OF PRAISE </p> <p>1:00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p>10:30 KNIT &amp; KNATTER 11:00 MONDAY MORNING GET TOGETHER</p> <p>1:30 ART &amp; CRAFT</p>	<p>9:00 HAIRDRESSING 10:00 PET THERAPY 11:00 ROOM VISITS </p> <p>1:30 PITTSWATER ANGLICAN CHURCH SERVICE</p>	<p>10:30 HAND MASSAGE 10:30 BALANCE AND STRENGTH</p> <p>1:30 BUS TRIP 1:30 DOCUMENTARY</p>	<p>11:00 FLOWER ART 11:00 EXERCISE </p> <p>1:30 CONCERT MURRAY FERGUSON</p>	<p>10:30 BUS TRIP 11:00 POETRY READING </p> <p>1:30 DRUMMING 3:30 END OF THE MONTH BIRTHDAY CELEBRATION</p>	<p>11:00 SINGALONG</p> <p>1:30 BINGO </p>	<p>11:00 SONGS OF PRAISE </p> <p>1:00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p>10:30 KNIT &amp; KNATTER 11:00 MONDAY MORNING GET TOGETHER</p> <p>1:30 CARPET BOWLS </p>	<p>9:00 HAIRDRESSING 10:00 PET THERAPY 11:00 ROOM VISITS</p> <p>1:30 TRIVIA </p>	<p>10:45 CATHOLIC SERVICE 10:30 BALANCE AND STRENGTH </p> <p>1:30 BUS TRIP 1:30 DOCUMENTARY</p>	<p>11:00 SMOOTHY MAKING 11:00 EXERCISE</p> <p>1:30 CONCERT PAUL LEVENTHAL <b>CONCERT</b></p>	<p>10:30 BUS TRIP 11:00 EXERCISE </p> <p>1:30 BALLOON TENNIS</p>	<p>11:00 FIND A WORD </p> <p>1:30 BINGO</p>	<p>11:00 SONGS OF PRAISE </p> <p>1:00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>