

FEBRUARY 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	 SHROVE TUESDAY	1 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTRY	2 11.00 SING ALONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 SINGALONG	3 11.00 BALL GAME (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	4 11.00 WORD GAMES 1.45 BINGO 1.45 MOVIE TIME (D)	5 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
6 11.00 HAND MASSAGE (D) 11.00 EXERCISE  1.45 RESIDENT MEETING	7 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 GARDENING	8 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	9 11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 1.45 VIVA CONCERT	10 11.00 MOVEMENT TO MUSIC 11.00 EXERCISE 1.30 BUS TRIP 1.45 CARPET BOWLS 3.45 HAPPY HOUR WITH JULIET ON PIANO	11 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	12 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
13 11.00 PAMPER MORNING(D) 11.00 EXERCISE  1.45 VALENTINE CRAFT	14 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 MERCEDES CONCERT  VALENTINE DAY	15 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	16 11.00 SING ALONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 SING ALONG	17 10.00 BUS TRIP 10.30 CHRISTAIN SERVICE 1.45 AGELESS MOVES	18 11.00 WORD GAMES 1.45 BINGO 1.45 MOVIE TIME (D)	19 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
20 11.00 HANDMASSAGE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	21 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS SHROVE TUESDAY 1.45 PANCAKE MAKING (C)	22 10:45 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	23 11.00 COOKING (D) 11:00 EXERCISE WITH ADRIAN 12:00 RESIDENT BBQ 1:45 PAUL LEVENTHAL CONCERT	24 11.00 PAMPER MORNING(D) 11:00 EXCERSIE 1:30 BUS TRIP 1:45 BALLOON TENNIS	25 11.00 EXERCISE 1:45 	26 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
27 11.00 BALLOON TENNIS(D) 11.00 SEATED YOGA 1.45 ART & CRAFT	28 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY					