

APRIL 2022 ACTIVITY PLANNER

Avalon House

MON	TUE	WED	THUR	FRI	SAT	SUN
9-10.30 DAILY NEWSPAPER DELIVERY & DAILY ROOM VISITS	3.45-4.45 HAPPY HOUR DAILY MONTHLY BIRTHDAY CELEBRATION CAKE			1 10.00 Bus Trip 10.30 Christian Service (D) 1.45 Balloon Tennis	2 11.00 Exercise 2.00 Bingo	3 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
4 11.00 Exercise & News Reporting 1.45 Residents/DON Meeting 2.00 Reminiscing (D) 3.45 Happy Hour Daily	5 10.00 Hairdresser 10.30 Walks & Talks 1.45 Word Games 1.45 Singalong (D)	6 10.00 Aromatherapy 10.45 Balance & Strength 1.15 Bus Trips 1.45 Arm Chair Travel 2.00 Week Day Movie (D)	7 11.00 Exercise 10.30 Show & Tell (D) 1.45 Mercedes Concert	8 10.00 Bus Trip 11.00 Exercise 10.30 Ball Games (D) 1.45 Carpet Bowls	9 11.00 Exercise 2.00 Bingo	10 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
11 11.00 Exercise & News Reporting 1.45 Easter Art & Craft 2.00 Reminiscing (D) 3.45 Happy Hour Daily	12 10.00 Hairdresser 10.30 Walks & Talks 1.45 Griego The Great Roving Magician 1.45 Singalong (D)	13 10.00 Aromatherapy 10.45 Balance & Strength 1.15 Bus Trips 1.45 Poetry Reading 2.00 Week Day Movie (D)	14 11.00 Exercises 10.30 Flower Arranging(D) 1.45 Singalong	15 GOOD FRIDAY 11.00 Exercises 1.45 Hand Massage (D) 1.45 Balloon Tennis	16 EASTER SATURDAY 11.00 Exercise 2.00 Bingo	17 EASTER SUNDAY 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
18 EASTER MONDAY 11.00 Exercise & News Reporting 1.45 Carpet Bowls 2.00 Reminiscing (D) 3.45 Happy Hour Daily	19 10.00 Hairdresser 10.30 Walks & Talks 1.45 Word Games 1.45 Singalong (D)	20 10.45 Music Therapy 10.45 Catholic Service 1.15 Bus Trips 1.45 Documentary 2.00 Week Day Movie (D)	21 11.00 Exercise 10.30 Show & Tell (D) 1.45 Singalong	22 10.00 Bus Trip 11.00 Exercise 2.00 Ball Games (D) 1.45 Bean Bag Game	23 11.00 Exercise 2.00 Bingo	24 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
25 11.00 Anzac Day Service 1.45 Carpet Bowls 2.00 Reminiscing (D)	26 10.00 Hairdresser 10.30 Walks & Talks 1.45 Poetry Group 1.45 Singalong (D)	27 10.00 Aromatherapy 10.45 Balance & Strength 1.15 Bus Trip 1.45 Documentary 2.00 Week Day Movie (D)	28 11.00 Exercise 10.30 Cooking(D) 1.45 Ross Hamilton Concert Monthly Birthday Celebration Cake	29 10.00 Bus Trip 11.00 Exercise 2.00 Hand Massage (D) 1.45 Balloon Tennis	30 1.00 Exercise 2.00 Bingo	

Please email to book facetime, phone calls
and skype calls. Available daily by
arrangement . rao_avaonhouse@thc.net.au

We would like to acknowledge the Gadigal
people of the Eora Nation, the traditional
custodians of this land and pay our respects
the Elders both past and present.



THOMPSON
HEALTH CARE