



AUGUST 2022 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	2 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY 1.45 SINGALONG DVD (D)	3 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	4 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 KEFF CONCERT (ALL RESIDENTS)	5 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS 1.45 HAND MASSAGE (D)	6 11.00 EXERCISE 1.45 BINGO 1.45 SINGALONG DVD (D)	7 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
8 10.30 EXERCISE (D) 11.00 EXERCISE 1.30 DON MEETING	9 9.00 HAIRDRESSER 10.30 WALKS AND TALKS 1.45 WORD GAMES 1.45 ART & CRAFT (D)	10 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	11 10.30 COOKING (D) 11.00 EXERCISE 1.45 SINGALONG	12 10.30 MURRAY FERGUSON CONCERT (ALL RESIDENTS) 1.30 BUS TRIP 1.45 FLOWER ARRANGING	13 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	14 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
15 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	16 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY 1.45 SINGALONG DVD (D)	17 10.45 BALANCE AND STRENGTH 1.30 MENS GROUP 1.45 DOCUMENTARY 1.45 MOVIE (D)	18 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 SINGALONG	19 10.30 ROOM VISITS 11.00 CHRISTIAN SERVICE (ALL RESIDENTS) 1.30 BUS TRIP 1.45 AGELESS MOVES	20 11.00 EXERCISE 1.45 BINGO 1.45 SINGALONG DVD (D)	21 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
22 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	23 9.00 HAIRDRESSER 10.30 WALKS AND TALKS 1.45 WORD GAMES 1.45 SINGALONG DVD (D)	24 10.30 MUSIC THERAPY 10.45 CATHOLIC SERVICE 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	25 10.30 COOKING (D) 11.00 EXERCISE 1.45 SINGALONG	26 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS 1.45 HAND MASSAGE (D)	27 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	28 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
29 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	30 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY 1.45 SINGALONG DVD (D)	31 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	10.30 EXERCISE (D) 11.00 EXERCISE 1.45 KRISTY LEE CONCERT (ALL RESIDENTS)	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.	9.00-10.30 NEWSPAPER DELIVERY & ROOM VISITS 3.45-4.45 HAPPY HOUR	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE