

MARCH 2022 ACTIVITY PLANNER

Avalon House

MON	TUE	WED	THUR	FRI	SAT	SUN
	1 10.00 Hairdresser 10.30 Walks & Talks 1.45 Shrove Tuesday 1.45 Singalong (D)	2 10.45 Exercise 1.15 Bus Trips 1.45 Documentary 2.00 Week Day Movie (D)	3 10.45 Exercise 10.30 Cooking (D) 1.45 Singalong	4 10.00 Bus Trip 10.30 Christian Service (D) 1.45 Elvis Concert	5 11.00 Exercise 2.00 Bingo	6 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
7 10.45 Exercise & News Reporting 1.45 DON Meeting 2.00 Reminiscing (D) 3.45 Happy Hour Daily	8 10.00 Hairdresser 10.30 Walks & Talks 1.45 International Womens Day Poetry Reading 1.45 Singalong (D)	9 10.45 Exercise 1.15 Bus Trips 1.45 Arm Chair Travel 2.00 Week Day Movie (D)	10 10.45 Exercise 10.30 Show & Tell (D) 1.45 Keff Concert	11 10.45 Exercise 10.30 Ball games (D) 1.15 Bus Trip 1.45 Balloon Tennis	12 11.00 Exercise 2.00 Bingo	13 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
14 10.45 Exercise & News Reporting 1.45 Carpet Bowls 2.00 Reminiscing (D) 3.45 Happy Hour Daily	15 10.00 Hairdresser 10.30 Walks & Talks 1.45 Irish Poetry 1.45 Singalong (D)	16 10.45 Exercise 1.15 Bus Trips 1.45 Documentary 2.00 Week Day Movie (D)	17 10.45 Pilates 10.30 Cooking (D) 1.45 St Patrick's Day Leyla Concert	18 10.00 Bus Trip 10.45 Exercises 1.45 Ball Games (D) 1.45 Bean Bag Game	19 11.00 Exercise 2.00 Bingo	0 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
21 10.45 Exercise & News Reporting 1.45 Easter Art & Craft 2.00 Reminiscing (D) 3.45 Happy Hour Daily	22 10.00 Hairdresser 10.30 Walks & Talks 1.45 Word Games 1.45 Singalong (D)	23 10.45 Music Therapy 10.45 Catholic Service 1.15 Bus Trips 1.45 Documentary 2.00 Week Day Movie (D)	24 10.45 Exercise 10.30 Show & Tell (D) 1.45 Singalong	25 10.45 Exercises 10.30 Ball Games (D) 1.15 Bus Trip 1.45 Balloon Tennis	26 11.00 Exercise 2.00 Bingo	27 11.00 Songs of Praise 1.45 Sunday Movie & Ice cream Trolley
28 10.45 Exercise & News Reporting 1.45 Easter Art & Craft 2.00 Reminiscing (D) 3.45 Happy Hour	29 10.00 Hairdresser 10.30 Walks & Talks 1.45 Poetry Group 1.45 Singalong (D)	30 10.45 Exercise 1.15 Bus trip 1.45 Documentary 2.00 Week Day Movie (D)	31 10.45 Exercise 10.30 Cooking(D) 1.45 Hugh Moran Concert			

PLEASE EMAIL TO BOOK FACETIME
PHONE CALLS WHATS APP AND
SKYPE CALLS AVAILABLE DAILY BY
ARRANGEMENT
rao_avaonhouse@thc.net.au



THOMPSON
HEALTH CARE