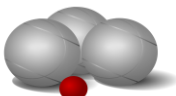


NOVEMBER 2022 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	1 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 2.00 MELBOURNE CUP 	2 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	3 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 KEFF CONCERT	4 10:30 REMINISCING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	5 11.00 EXERCISE  1.45 BINGO 1.45 SINGALONG DVD (D)	6 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
7 10.30 EXERCISE (D) 10.00 BUS TRIP 1.45 DON MEETING	8 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 ROSS HAMILTON CONCERT	9 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 12.00 MENS LUNCH 1.45 POETRY 1.45 MOVIE (D)	10 10.30 FLOWER ARRANGING 11.00 EXERCISE 1.45 SINGALONG	11 10.30 REMEMBRANCE DAY SERVICE  1.45 CARPET BOWLS	12 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	13 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
14 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	15 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 WORD GAMES	16 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	17 10.30 COOKING (D) 10.45 JULIET PIANIST CONCERT 1.45 GARDENING GROUP	18 10:30 CHRISTIAN SERVICE 10.00 BUS TRIP 1.45 AGELESS MOVES	19 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	20 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
21 10.30 EXERCISE (D) 11.00 EXERCISE  1.45 CARPET BOWLS	22 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY	23 10.30 CATHOLIC SERVICE (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	24 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 KIRSTY LEE CONCERT	25 10:30 REMINISCING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	26 11.00 EXERCISE  1.45 BINGO 1.45 MOVIE TIME (D)	27 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
28 10.30 EXERCISE (D) 11.00 EXERCISE 12.00 RESIDENT BBQ 1.45 ART CRAFT	29 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 WORD GAMES	30 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)		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.		