

# JULY 2022 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>	<p><b>DAILY</b></p> <p>9.00-10.30 NEWSPAPER DELIVERY &amp; ROOM VISITS</p> <p>3.45-4.45 HAPPY HOUR</p>	<p>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.</p>		<p><b>1</b></p> <p>10.00 BUS TRIP 11.00 EXERCISE</p> <p>1.45 BALLOON TENNIS</p>	<p><b>2</b></p> <p>11.00 EXERCISE</p> <p>1.45 BINGO</p>	<p><b>3</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.45 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p><b>4</b></p> <p>11.00 EXERCISE</p> <p>1.45 NAIDOC CELEBRATION</p>	<p><b>5</b></p> <p>9.00 HAIRDRESSER 10.30 WALKS AND TALKS</p> <p>1.45 REMINISCING</p>	<p><b>6</b></p> <p>10.00 AROMATHERAPY 10.45 BALANCE AND STRENGTH</p> <p>1.30 BUS TRIP 1.45 WORD GAMES/ TRIVIA</p>	<p><b>7</b></p> <p>XMAS IN JULY</p> <p>12.00 XMAS LUNCH</p> <p>1.00 HUGH MORAN CONCERT</p>	<p><b>8</b></p> <p>10.00 BUS TRIP 11.00 EXERCISE</p> <p>1.45 CARPET BOWLS</p>	<p><b>9</b></p> <p>11.00 EXERCISE</p> <p>1.45 BINGO</p>	<p><b>10</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.45 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p><b>11</b></p> <p>11.00 EXERCISE</p> <p>1.45 DON/RESIDENT MEETING</p>	<p><b>12</b></p> <p>9.00 HAIRDRESSER 9.00 PET THERAPY 10.30 WALKS AND TALKS</p> <p>1.45 POETRY</p>	<p><b>13</b></p> <p>10.00 AROMATHERAPY 10.45 BALANCE AND STRENGTH</p> <p>1.30 BUS TRIP 1.45 DOCUMENTARY</p>	<p><b>14</b></p> <p>11.00 BIGGEST MORNING TEA</p> <p>1.45 SINGALONG</p>	<p><b>15</b></p> <p>10.00 BUS TRIP 11.00 CHRISTIAN SERVICE</p> <p>1.45 AGELESS MOVES</p>	<p><b>16</b></p> <p>11.00 EXERCISE</p> <p>1.45 BINGO</p>	<p><b>17</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.45 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p><b>18</b></p> <p>11.00 EXERCISE</p> <p>1.45 CARPET BOWLS</p>	<p><b>19</b></p> <p>9.00 HAIRDRESSER 10.30 WALKS AND TALKS</p> <p>1.45 RUSS HAMILTON CONCERT</p>	<p><b>20</b></p> <p>10.00 AROMATHERAPY 10.45 BALANCE AND STRENGTH</p> <p>1.30 BUS TRIP 1.45 POETRY</p>	<p><b>21</b></p> <p>11.00 EXERCISE</p> <p>1.45 SINGALONG</p>	<p><b>22</b></p> <p>10.00 BUS TRIP 11.00 EXERCISE</p> <p>1.45 BALOON TENNIS</p>	<p><b>23</b></p> <p>11.00 EXERCISE</p> <p>1.45 BINGO</p>	<p><b>24</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.45 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>
<p><b>25</b></p> <p>11.00 EXERCISE</p> <p>1.45 ART AND CRAFT</p>	<p><b>26</b></p> <p>9.00 HAIRDRESSER 9.00 PET THERAPY 10.30 WALKS AND TALKS</p> <p>1.45 WORD GAMES</p>	<p><b>27</b></p> <p>10.45 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH</p> <p>1.30 BUS TRIP 1.45 ARMCHAIR TRAVEL</p>	<p><b>28</b></p> <p>11.00 EXERCISE</p> <p>1.45 MERCEDES CONCERT</p>	<p><b>29</b></p> <p>10.00 BUS TRIP 11.00 EXERCISE</p> <p>1.45 BEAN BAG GAMES</p>	<p><b>30</b></p> <p>11.00 EXERCISE</p> <p>1.45 BINGO</p>	<p><b>31</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.45 SUNDAY MOVIE &amp; ICE CREAM TROLLEY</p>