

MAY 2022 ACTIVITY PLANNER – AVALON HOUSE

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

MON	TUE	WED	THUR	FRI	SAT	SUN
<p>30</p> <p>11.00 Exercise & News Reporting</p> <p>1.45 Carpet Bowls</p> <p>2.00 Reminiscing (D)</p>	<p>31</p> <p>10.00 Hairdresser</p> <p>10.30 Walks & Talks</p> <p>1.45 Murray Ferguson Concert</p> <p>2.00 Singalong (D)</p>	<p>9-10.30 NEWSPAPER DELIVERY & DAILY ROOM VISITS</p>	<p>3.45 -4.45 HAPPY HOUR DAILY MONTHLY BIRTHDAY CELEBRATION</p>			<p>1</p> <p>11.00 Songs of Praise</p> <p>1.45 Sunday Movie & Ice Cream Trolley</p>
<p>2</p> <p>11.00 DON/.Residents Meeting</p> <p>1.45 Residents/DON Meeting</p> <p>2.00 Reminiscing (D)</p>	<p>3</p> <p>10.00 Hairdresser</p> <p>10.30 Walks & Talks</p> <p>1.45 Word Games</p> <p>2.00 Singalong (D)</p>	<p>4</p> <p>10.00 Aromatherapy</p> <p>10.45 Balance & Strength</p> <p>1.15 Bus Trip</p> <p>1.45 Reminiscing</p> <p>2.00 Movie Time (D)</p>	<p>5</p> <p>11.00 Exercise</p> <p>11.00 Exercise (D)</p> <p>1.45 Kirsty Lee Concert</p>	<p>6</p> <p>10.00 Bus Trip</p> <p>11.00 Exercise</p> <p>1.45 Carpet Bowls</p> <p>2.00 Flower Arranging (D)</p>	<p>7</p> <p>11.00 Exercise</p> <p>1.45 Bingo</p>	<p>8</p> <p>MOTHERS DAY</p> <p>11.00 Songs of Praise</p> <p>1.45 Sunday Movie & Ice Cream Trolley</p>
<p>9</p> <p>11.00 Exercise & News Reporting</p> <p>1.45 Carpet Bowls</p> <p>2.00 Reminiscing (D)</p>	<p>10</p> <p>10.00 Hairdresser</p> <p>10.30 Walks & Talks</p> <p>1.45 Poetry</p> <p>2.00 Singalong (D)</p>	<p>11</p> <p>10.00 Aromatherapy</p> <p>10.45 Balance & Strength</p> <p>1.15 Bus Trip</p> <p>1.45 History of Sydney</p> <p>2.00 Movie Time (D)</p>	<p>12</p> <p>NURSES DAY</p> <p>11.00 Exercise</p> <p>11.00 Cooking (D)</p> <p>1.45 Singalong</p>	<p>13</p> <p>10.00 Bus Trip</p> <p>10.30 Christian Service</p> <p>1.45 Juliet Pianist Concert</p> <p>2.00 Hand Massage (D)</p>	<p>14</p> <p>11.00 Exercise</p> <p>1.45 Bingo</p>	<p>15</p> <p>11.00 Songs of Praise</p> <p>1.45 Sunday Movie & Ice Cream Trolley</p>
<p>16</p> <p>11.00 Exercise & News Reporting</p> <p>1.45 Carpet Bowls</p>	<p>17</p> <p>10.00 Hairdresser</p> <p>10.30 Walks & Talks</p> <p>1.45 Word Games</p> <p>2.00 Singalong (D)</p>	<p>18</p> <p>10.45 Music Therapy</p> <p>12.00 Men's Lunch</p> <p>1.45 Documentary</p> <p>2.00 Movie Time (D)</p>	<p>19</p> <p>11.00 Exercise</p> <p>11.00 Exercise (D)</p> <p>1.45 Singalong DVD</p> <p>3.00 Relative Meeting</p>	<p>20</p> <p>10.00 Bus Trip</p> <p>11.00 Exercise</p> <p>1.45 Balloon Tennis</p> <p>2.00 Hand Massage (D)</p>	<p>21</p> <p>11.00 Exercise</p> <p>1.45 Bingo</p>	<p>22</p> <p>11.00 Songs of Praise</p> <p>1.45 Sunday Movie & Ice Cream Trolley</p>
<p>23</p> <p>11.00 Exercise & News Reporting</p> <p>1.45 Carpet Bowls</p> <p>2.00 Reminiscing (D)</p>	<p>24</p> <p>10.00 Hairdresser</p> <p>10.30 Walks & Talks</p> <p>1.45 Larry & Robyn Concert</p> <p>2.00 Singalong (D)</p>	<p>25</p> <p>10.00 Aromatherapy</p> <p>10.45 Catholic Service</p> <p>10.45 Balance & Strength</p> <p>1.15 Bus Trip</p> <p>1.45 Reminiscing</p> <p>2.00 Movie Time (D)</p>	<p>26</p> <p>11.00 Exercise</p> <p>11.00 Smoothie Making (D)</p> <p>1.45 Singalong</p>	<p>27</p> <p>10.00 Bus Trip</p> <p>11.00 Exercise</p> <p>1.45 Bean Bag Games</p> <p>2.00 Hand Massage (D)</p>	<p>28</p> <p>11.00 Exercise</p> <p>1.45 Bingo</p>	<p>29</p> <p>11.00 Songs of Praise</p> <p>1.45 Sunday Movie & Ice Cream Trolley</p>