

OCTOBER 2022 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART AND CRAFT	DAILY 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	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.		1 11.00 EXERCISE 1.45 BINGO 1.45 SINGALONG DVD (D)	2 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
3 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 SINGALONG	4 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY	5 10.30 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	6 10.30 COOKING (D) 11.00 EXERCISE 1.45 PAUL LEVENTHAL CONCERT	7 10:30 REMINISCING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	8 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	9 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
10 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	11 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 KEFF CONCERT	12 10.45 BALANCE AND STRENGTH 1.30 MENS GROUP 1.45 DOCUMENTARY 1.45 MOVIE (D)	13 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 SINGALONG	14 10:30 CHRISTIAN SERVICE (D) 10.45 ROOM VISITS 1.30 BUS TRIP 1.45 AGELESS MOVES	15 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	16 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
17 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 RESIDENTS MEETING	18 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 OKTOBERFEST CELEBRATION	19 10.30 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 ARMCHAIR TRAVEL 1.45 MOVIE (D)	20 10.30 COOKING (D) 11.00 EXERCISE 1.45 GARDENING GROUP	21 10:30 REMINISCING (D) 11.00 EXERCISE 1.45 BEAN BAG GAME	22 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	23 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
24 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	25 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 BOARD GAMES	26 10.45 CATHOLIC SERVICE 10.45 MUSIC THERAPY 1.30 BUS TRIP 1.45 POETRY 1.45 MOVIE (D)	27 10.30 FLOWER ARRANGING (D) 11.00 EXERCISE 12.00 RESIDENT BBQ LUNCH 1.45 SINGALONG	28 10.30 GRANDPARENTS HIGH TEA 1.30 BUS TRIP 1.45 CARPET BOWLS	29 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	30 GRANDPARENTS DAY 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)