

SEPTEMBER 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	9.00-10.30 NEWSPAPER DELIVERY & ROOM VISITS 3.45-4.45 HAPPY HOUR		1 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 SINGALONG	2 10:30 HAND MASSAGE (D) 11.00 EXERCISE 1.45 BEAN BAGS GAMES	3 11.00 EXERCISE 1.45 BINGO 1.45 SINGALONG DVD (D)	4 11.00 SONGS OF PRAISE (ALL RESIDENTS) "FATHER'S DAY" 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
5 10.30 EXERCISE (D) 11.00 EXERCISE 1.30 RESIDENTS MEETING	6 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY 1.45 ART & CRAFT (D)	7 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	8 10.30 COOKING (D) 11.00 EXERCISE 1.45 ELVIS CONCERT	9 10:30 REMINISCING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 CARPET BOWLS	10 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	11 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
12 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	13 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 WORD GAMES 1.45 SINGALONG DVD (D)	14 10.45 BALANCE AND STRENGTH 1.30 MENS GROUP 1.45 DOCUMENTARY 1.45 MOVIE (D)	15 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 LEYLA CONCERT	16 10:30 CHRISTIAN SERVICE (D) 10.45 ROOM VISITS 1.30 BUS TRIP 1.45 AGELESS MOVES	17 11.00 EXERCISE 1.45 BINGO 1.45 SINGALONG DVD (D)	18 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
19 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	20 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1.45 POETRY 1.45 SINGALONG DVD (D)	21 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	22 10.30 COOKING (D) 11.00 EXERCISE 12.00 RESIDENT BBQ LUNCH 1.45 HUGH MORAN CONCERT	23 10:30 REMINISCING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	24 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	25 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
26 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 ART & CRAFT	27 9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS 1:45 ROSS HAMILTON CONCERT 2:30 BIRTHDAY CELEBRATION)	28 10.45 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 1.45 MOVIE (D)	29 10.30 EXERCISE (D) 11.00 EXERCISE 1.45 SINGALONG	30 10:30 HAND MASSAGE (D) 11.00 EXERCISE 1.30 BUS TRIP 1:45 CARPET BOWLS		