

JANUARY 2023 ACTIVITY CALENDAR - AVALON HOUSE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p>30</p> <p>10.30 EXERCISE (D) 11.00 SEATED YOGA</p> <p>1.45 ART & CRAFT</p> | <p>31</p> <p>9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS</p> <p>1.45 ROSS HAMILTON BIRTHDAY CELEBRATION</p> |  <p>Happy New Year 2023</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>Happy Birthday Elvis</p> |  <p>Happy Australia Day!</p> | <p>1</p> <p>11.00 SONGS OF PRAISE (ALL RESIDENTS)</p> <p>1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p> |
| <p>2</p> <p>10.30 EXERCISE (D) 11.00 SEATED YOGA</p> <p>1.45 CARPET BOWLS</p> | <p>3</p> <p>9.30 PET THERAPY (D) 11.00 WALKS AND TALKS</p> <p>1.45 POETRY READING</p> | <p>4</p> <p>10.00 FLOWER ART (D) 10.45 EXERCISE</p> <p>1.30 BUS TRIP 1.45 DOCUMENTARY</p> | <p>5</p> <p>10:30 SING ALONG (D) 11.00 EXERCISE</p> <p>1:45 ELVIS CONCERT</p> | <p>6</p> <p>10:30 BEAN BAG GAMES (D) 11.00 EXERCISE</p> <p>1.30 BUS TRIP 1:45 BALLOON TENNIS</p> | <p>7</p> <p>11.00 EXERCISE</p> <p>1.45 BINGO 1.45 MOVIE TIME (D)</p> | <p>8</p> <p>11.00 SONGS OF PRAISE (ALL RESIDENTS)</p> <p>1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p> |
| <p>9</p> <p>10.30 HAND MASSAGE (D) 11.00 EXERCISE</p>  <p>1.45 DON MEETING</p> | <p>10</p> <p>9.30 PET THERAPY (D) 11.00 WALKS AND TALKS</p> <p>1.45 GARDENING</p> | <p>11</p> <p>10.00 FLOWER ART (D) 10.45 EXERCISE</p> <p>1.30 BUS TRIP 1.45 DOCUMENTARY</p> | <p>12</p> <p>10:30 COOKING (D) 11.00 EXERCISE</p> <p>1.45 KEFF CONCERT</p> | <p>13</p> <p>10:30 MOVEMENT TO MUSIC 11.00 EXERCISE</p> <p>1.30 BUS TRIP 1.45 CARPET BOWLS</p> | <p>14</p> <p>11.00 EXERCISE</p> <p>1.45 BINGO 1.45 MOVIE TIME (D)</p> | <p>15</p> <p>11.00 SONGS OF PRAISE (ALL RESIDENTS)</p> <p>1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p> |
| <p>16</p> <p>10.30 EXERCISE (D) 11.00 SEATED YOGA</p>  <p>1.45 ART & CRAFT</p> | <p>17</p> <p>9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS</p> <p>1.45 WORD GAME</p> | <p>18</p> <p>10.00 FLOWER ART (D) 10.45 EXERCISE</p> <p>1.30 BUS TRIP 1.45 DOCUMENTARY</p> | <p>19</p> <p>10:30 SING ALONG (D) 11.00 EXERCISE</p> <p>1:45 LEYLA</p> | <p>20</p> <p>10:30 BEAN BAG GAMES (D) 11.00 EXERCISE</p>  <p>1.30 BUS TRIP 1:45 BALLOON TENNIS</p> | <p>21</p> <p>11.00 EXERCISE</p> <p>1.45 BINGO 1.45 MOVIE TIME (D)</p> | <p>22</p> <p>11.00 SONGS OF PRAISE (ALL RESIDENTS)</p> <p>1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p> |
| <p>23</p> <p>10.30 HAND MASSAGE (D) 11.00 EXERCISE</p> <p>1.45 CARPET BOWLS</p> | <p>24</p> <p>9.00 HAIRDRESSER 9.30 PET THERAPY (D) 10.30 WALKS AND TALKS</p> <p>1.45 AUSTRALIAN POETRY</p> | <p>25</p> <p>10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH</p> <p>1.30 BUS TRIP 1.45 DOCUMENTARY</p> | <p>26</p> <p>AUSTRALIA DAY</p> <p>10.30 EXERCISE (D) 11.00 THONG THROWING</p>  <p>1:45 MURRY FERGUSON</p> | <p>27</p> <p>10:30 MOVEMENT TO MUSIC 11:00 EXERCISE</p> <p>12:00 RESIDENTS BBQ</p> <p>1:30 BUS TRIP 1:45 BEAN BAG GAME</p> | <p>28</p> <p>11.00 EXERCISE</p> <p>1.45 BINGO 1.45 MOVIE TIME (D)</p> | <p>29</p> <p>11.00 SONGS OF PRAISE (ALL RESIDENTS)</p> <p>1.45 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p> |