

AUGUST 2022 ACTIVITY CALENDAR - MONA VALE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|---|
| <p>1</p> <p>10.45 Horse Racing Game (G) 1.30 Movie Time 2.30 Resident's Meeting (G)</p> <p>Horse's Birthday</p> | <p>2</p> <p>9.45 Coffee Club (G) 10.45 Darts (Gnd) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion</p> | <p>3</p> <p>10.00 Cross Word Delivery 10.30 Warm Ups (1st) 10.45 Balloon Tennis (1st) 1.30 Movie Time 2.30 Trivia (Gnd)</p> | <p>4</p> <p>10.30 Target Games (Gnd) 10.45 Manicures 1.30 Movie: King Kong 1.30 Scenic Bus Trip 2:30 Board games (1st)</p> | <p>5</p> <p>10:00 Manicure 10.45 Exercise Gnd FL 1.30 Movie: Flubber 2.30 Mercedes Concert</p> <p>International Beer Day</p> | <p>6</p> <p>10.45 Warm Ups (G) 11.00 Book Club (G) 1.30 Movie Time 2.30 Bingo (1st)</p> | <p>7</p> <p>10.45 Piano 1.30 Movie Time 2.30 Happy Hour (G)</p> |
| <p>8</p> <p>10.45 Resident Meeting (G) 1.30 Movie Time 2.30 Word Games (G)</p> | <p>9</p> <p>10.45 Pancake Tuesday (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Dot Painting (G)</p> <p>World Indigenous Peoples' Day</p> | <p>10</p> <p>10.30 Dance to Music (1st) 10.45 Quoits (1st) 1.30 Movie Time 2.30 Keff in Concert (Gnd)</p> | <p>11</p> <p>10.45 Hoops (Gnd) 10.45 Manicures 1.30 Movie 1.30 Scenic Bus Trip 2.30 Board Games (1st)</p> | <p>12</p> <p>10.00 Manicure 10.45 Darts Gnd FL 1.30 Movie 2.30 Word Game (1st FL)</p> | <p>13</p> <p>10.45 Warm Ups (G) 11.00 Book Club (G) 1.30 Movie Time 2.30 Bingo (1st)</p> | <p>14</p> <p>10.45 Movement & Stretches(G) 1.30 Movie Time 2.30 Happy Hour (G)</p> |
| <p>15</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Murray Ferguson Concert (G)</p> | <p>16</p> <p>9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 1.30 Scenic Bus Trip 2.30 Room Visits</p> | <p>17</p> <p>10.00 Reminiscing Barrenjoey 10.45 Balloon Tennis (1st) 1.30 Movie time 2.30 Craft (1st)</p> | <p>18</p> <p>10.45 Bowling (Gnd) 10.45 Manicures 1.30 Movie 1.30 Scenic Bus Trip 2.30 Painting (Gnd FL)</p> | <p>19</p> <p>10:00 Manicure 10.45 Carpet Bowls (Gnd FL) 1.30 Movie 2.30 Word game (1st)</p> | <p>20</p> <p>10.45 Warm Ups (G) 11.00 Book Club (G) 1.30 Movie Time 2.30 Bingo (1st)</p> | <p>21</p> <p>10.45 Movement & Stretches (G) 1.30 Movie Time 2.30 Happy Hour (G)</p> <p>World Senior Citizens Day</p> |
| <p>22</p> <p>9.45 Coffee Club 10.45 Twister with a Twist 1.30 Movie time 1.30 Paper Craft</p> | <p>23</p> <p>9.45 Coffee Club (G) 10.45 Hopscotch (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Manicures (Rooms)</p> | <p>24</p> <p>10.00 Book Trolley 10.45 Stretches & Quoits (1st) 1.30 Movie Time 2.30 Concert with Leyla (Gnd)</p> | <p>25</p> <p>10.30 Ten Pin Bowling (Gnd) 10.45 Manicures 1.30 Movie: 1.30 Scenic Bus Trip</p> | <p>26</p> <p>10.00 Manicure and music (G) 10.45 Hoops (Gnd) 1.30 Movie 2.30 Daffodil Day Craft (G)</p> <p>Daffodil Day</p> | <p>27</p> <p>10.45 Warm Ups (G) 11.00 Book Club (G) 1.30 Movie Time 2.30 Bingo (1st)</p> | <p>28</p> <p>10.45 Piano (G) 1.30 Movie Time 2.30 August Birthday Celebrations/Happy Hour (G)</p> |
| <p>29</p> <p>9.45 Coffee Club (G) 10.45 Ten Pin Bowling (G) 1.30 Movie Time 2.30 Friendship Club (G) Afternoon Tea & Quiz</p> | <p>30</p> <p>10.45 Darts (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Room Visits</p> | <p>31</p> <p>10.30 Chair Dancing (1st) 10.45 Balloon Tennis (1st) 1.30 Movie Time 2.30 Down Memory Lane (1st) Reminiscing</p> | | |  | <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p> |