

JUNE 2022 ACTIVITY PLANNER

Mona Vale House

MON	TUE	WED	THUR	FRI	SAT	SUN	
		1 10.30 Bible Reading 10.45 Hoops 1.30 Movie Time 2..30 Trivia & Ice Cream	2 10.45 Exercise 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Word Game Italian National Day Queen's Platinum Jubilee	3 10.45 Concert: Keff 1.30 Movie Time 2.30 Art & Craft (GF)	4 10.30 Exercises to Music 10.45 Book Reading 1.30 Movie Time 2..30 Bingo	5 10.30 Piano Tunes 1.30 Movie Time 2.30 Happy Hour World Environment Day	
	6 10.45 Movement to Music (G) 1.30 Movie Time 2.30 Knitter Natters (G) 2.30 Men' Club (1st)	7 9.30 Let's Bake 10.45 Darts (Gnd) 1.30 Andre Rieu 1.30 Scenic Bus Trip 3.00 Holy Communion	8 10..30 Concert: Murray Ferguson 1.30 Movie Time 2.30 "The Sea" Collage World Ocean's Day	9 10.30 Ball Toss 10.45 Manicures 1.30 Movie Time 1.30 Scenic Bus Trip 2..30 Quiz	10 10.30 Armchair Exercises 10.45 Sunshine Club 1.30 Movie Time 2.30 Craft for "Queen's Birthday"(GF)	11 10.30 Exercises to Music 10.45 Book Reading 1.30 Movie Time 2..30 Bingo	12 10.30 Piano Tunes 1.30 Movie Time 2..30 Happy Hour
	13 10.45 Darts (G) 1.30 Movie Time 2.00 High Tea Party & Royal Games (G) Queen's Birthday	14 10.30 Concert: ELVIS! 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 Manicures	15 10.00 Book Trolley 11.00 Balloon Tennis 1.30 Movie Time 2..30 Decorate For Pride Month	16 10.30 Armchair Exercises 10.45 Manicure 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Board Games (1st F)	17 10.45 Balloon Tennis 1.30 Movie Time 2.30 Carpet Bowls (GF)	18 10.30 Exercises to Music 10.45 Book Reading 1.30 Movie Time 2..30 Bingo	19 10.30 Piano Tunes 1.30 Movie Time 2.30 Happy Hour – Pride Celebrations & Cake
	20 10.30 Concert: Murray Ferguson 2.30 Knitter Natters(G) 2.30 Men' Club (1st)	21 9.45 Coffee Club 10.45 Ukulele Sing & Play Along 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 Tech for Seniors	22 10.30 Exercise to Music 11.00 Reminiscing 1.30 Movie Time 2.30 Resident Meeting World Music Day	23 10.45 Armchair Exercise 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Word Game & Ice cream (Gnd)	24 10.00 Manicures 10.45 Armchair Exercise 1.30 Movie Time2..30 Video Games (GF)	25 10.30 Exercises to Music 10.45 Book Reading 1.30 Movie Time 2..30 Bingo	26 10.30 Piano Tunes 1.30 Movie Time 2..30 June Birthday Celebrations Happy Hour
	27 10.45 Darts (G) 1.30 Movie Time 2.30 Concert : Mercedes	28 9.45 Coffee Club 10.45 Carpet Bowls (Gnd) 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 Quiz & Word Games	29 10.00 Movement 10.30 Book Trolley 1.30 Film 2..30 Sit & Knit For A Bit Knitting Group	30 10.45 Stretch & Rest Exercises 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Bingo (1st Fl)		Hairdresser each Monday. Please contact RAO or Reception for Bookings	Activities are Subject to Change RAO Contacts: Phone: (02) 9910 7900 10am - 5pm Email: rao_monavale@thc.net.au