

MAY ACTIVITY PLANNER

Mona Vale House

MON	TUE	WED	THUR	FRI	SAT	SUN
<p>10.45 Movement to Music 1.30 Movie Time 2.30 Knitting/Craft Group 2.30 Men's Club</p> <p>30</p>	<p>10.45 Hop Scotch 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 Hand Spa & Manicures</p> <p>31</p>	<p>●</p>	<p>The Hairdressing Salon is open each Monday. To make a booking please contact RAO office or Receptio</p> <p>●</p>	<p>●</p>	<p>●</p>	<p>10.30 Songs around the Piano 1.30 Movie Time 2.30 Happy Hour</p> <p>MAY DAY</p> <p>1</p>
<p>10.45 Carpet Bowls 1.30 Movie Time 2.30 Friendship Club: Find A Word</p> <p>2</p>	<p>10.45 Darts 1.30 Andre Rieu Concert 1.30 Scenic Bus Trip 2.30 Decorate/Mother's Day 3pm HOLY COMMUNION</p> <p>3</p>	<p>10.15 Reminiscing and Garden Gazing 1.30 Film - Downtown Abbey 2.00 Mother's Day Art & Craft</p> <p>4</p>	<p>10.00 Armchair Exercise 10.45 Manicures 1.30 Film/Documentary 1.30 Bus Trip 2.00 Art/Craft</p> <p>5</p>	<p>10.15 Hoops/Movement 10.45 Balloon Tennis 1.30 Film/Documentary 2.30 MERCEDES CONCERT</p> <p>6</p>	<p>10.30 Armchair Exercise/Movement 1.30 Movie Time 2.15 Bingo</p> <p>7</p>	<p>10.30 Songs around the Piano 1.30 Movie Time 2.30 Mother's Day Afternoon Tea Party</p> <p>MOTHER'S DAY</p> <p>8</p>
<p>10.45 Movement To Music 1.30 Movie Time 2.30 Friendship Club: Race Around the Solar System Quiz & Afternoon Tea</p> <p>9</p>	<p>10.45 Carpet Bowls 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 "Tech Seniors" Learn to use your Computers/Mobiles & More !</p> <p>10</p>	<p>10.00 Book Trolley 11.00 Armchair Exercise 1.30 Film 2.30 Craft "Thank You" Poster for Nurses Day</p> <p>11</p>	<p>10.45 Movement 1.30 Movie 2.30 Find A Word 1.30 Bus Trip INTERNATIONAL NURSE'S DAY</p> <p>12</p>	<p>10.15 Movement 10.45 Darts 1.30 Film/Documentary 2.15 Bible Reading 2.30 Trivia</p> <p>13</p>	<p>10.30 Exercises & Book Club 11.00 Word Game 1.30 Movie Time 2.15 Bingo</p> <p>14</p>	<p>10.30 Songs around the Piano 1.30 Movie Time 2.30 Happy Hour</p> <p>INTERNATIONAL DAY OF FAMILIES</p> <p>15</p>
<p>10.45 CONCERT: Murray Ferguson 1.30 Movie Time 2.30 Knitting/Craft Group 2.30 Men's Club</p> <p>16</p>	<p>10.45 Let's Bake 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 Hand Spa & Manicures</p> <p>17</p>	<p>10:15 Garden Gazing and Reminiscing 11.00 Armchair Exercise 1.30 Film 2.30 Aboriginal Art</p> <p>18</p>	<p>10.00 Balloon Tennis 10.45 Manicures 1.30 Film/Documentary 1.30 Scenic Bus Trip 2pm Board Games</p> <p>19</p>	<p>10.15 Armchair Yoga 10.45 Darts 1.30 Film/Documentary 2.15 Board Games</p> <p>NATIONAL SORRY DAY</p> <p>20</p>	<p>10.30 Exercises 11.00 Word Game 1.30 Movie Time 2.15 Bingo</p> <p>21</p>	<p>10.30 Songs Around the Piano 1.30 Film 2.30 Happy Hour and May Birthday Celebrations</p> <p>22</p>
<p>10.30 ELVIS CONCERT: Geoff Suede 1.30 Movie Time 2.30 Friendship Club: White Board Games</p> <p>23</p>	<p>10.45 Carpet Bowls 1.30 Andre Rieu 1.30 Scenic Bus Trip 2.30 "Tech Seniors"</p> <p>24</p>	<p>10.00 Book Trolley 11.00 Armchair Exercise 1.30 Film 2.30 Board Games</p> <p>25</p>	<p>10.00 Armchair Exercise 10.45 Manicures 1.30 Film/Documentary 1.30 Bus Trip 2.00 Art/Craft</p> <p>26</p>	<p>10.00 Armchair Exercise 10.45 Manicures 1.30 Film/Documentary 1.30 Bus Trip 2.00 Art/Craft</p> <p>27</p>	<p>10.30 Armchair Exercise/Movement 1.30 Movie Time 2.15 Bingo</p> <p>28</p>	<p>10.30 Songs Around the Piano 1.30 Film 2.30 Happy Hour</p> <p>29</p>



Activities are Subject to Change

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THOMPSON
HEALTH CARE