

MAY 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10am Book Trolley (G) 10:45am Carpet Bowls (G) 1:30 film 2:30 CONCERT: KEFF PERFORMS (G)	2 10:30 Physio Exercises (G) 10:45am Ten pin bowling (G) 1:30 film 2:15 Bingo (1st)	3 10:30 Morning stretches(G) 10:45 Book Club (G) 1:30 film 2:30 Board Games and Cards (1st)	4 10:30 Exercises to Music (G) 10:45am Carpet Bowls (G) 1:30 film 2:15pm Bingo (1st)	5 10:30 Singalong around the piano (G) 1:30 film 1:45pm Choir Practice (G) 2:30 Happy Hour and Word Games (G) CINCO DE MAYO
6 9.45 Coffee Club (G) 10.30 Music Therapy (B Wing) 10.45 Word Games (G) 1.30 Film 2.30 Knitter Knatters & Wool Craft (G) Decorate for Mother's Day	7 9.45 Coffee Club (G) 10.30 Pharmacy Market Stall! (G) 1.30 Film 2.30 Mother's Day Craft (1st) 3.00 HOLY COMMUNION	8 10:15 Trivia/Reminiscing for Mother's Day 10:45 Balloon Tennis (G) 1:30 film 2:30 CONCERT: LEYLA PERFORMS (G) V DAY	9 10:30 Physio Exercises (G) 10:45am Quoits (G) 1:30 film 2:30 BINGO (1st)	10 10:30 Exercises to Music (G) 10:45 Book Club (G) 1:30 film 2:30pm Word Games 2:30pm Men's Cub (HW)	11 10:30am Carpet Bowls (G) INTERNATIONAL 10:45 Carpet Bowls (G) 1:30 film 2:15pm Bingo (1st) EUROVISION CONTEST	12 MOTHER'S DAY NURSES DAY MOTHER'S DAY LUNCH 1:30 film 2:30 Happy Hour (G)
13 9.45 Coffee Club (G) 10.30 Music Therapy (B Wing) 10.45 Darts (G) 1.30 Film 230 CONCERT: MURRAY PERFORMS (G)	14 9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Word Games & Trivia (1st)	15 10:15 Barrenjoey Wing Time 10:45am Carpet Bowls (G) 1:30 film 2:15 BINGO (1st)	16 10:30 Physio Exercises (G) 10:45 Ten Pin Bowling (G) 1:30 film 2:30 Board Games and Cards (1st)	17 10:30 Chair Dancing (G) 10:45am Quoits (G) 1:30 film 2:30pm Trivia (1st) 2:30pm LOVE IN ACTION	18 10:30 Morning Stretches 10:45 Target Games (G) 1:30 film 2:15pm Bingo (1st)	19 10:30 Singalong around the piano (G) 1:30 film 1:45pm Choir Practice (G) 2:30 Happy Hour
20 9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.45 Darts (G) 1.30 Film 2:30pm Board Games(1st) WORLD BEE DAY	21 9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Word Games & Trivia (1st)	22 10:15 Trivia (G) 10:45am Balloon Tennis (G) 1:30 film 2:30pm CONCERT: JULIET PERFORMS (G)	23 10:30 Physio Exercises (G) 10:45 Ten Pin Bowling (G) 1:30 film 2:15 BINGO (1st)	24 10:30 Morning Stretches (G) 10:45 Book Club (G) 1:30 film 2:30pm Drumming Circle w Carly (G)	25 10:30 Exercises to Music (G) 10:45am Carpet Bowls (G) 1:30 film 2:15pm Bingo (1st)	26 10:30 Singalong around the piano (G) 1:30 film 1:45pm Choir Practice (G) 2:30 Happy Hour and Word Games (G)
27 9.45 Coffee Club (G) 10.30 Music Therapy (B Wing) 10.45 Darts (G) 1.30 Film 2.30 Knitter Knatters & Wool Craft (G) MEMORIAL DAY	28 9.30 Coffee Club (G) 11am Resident Meeting (G) 1.30 Film 2.30 Board Games & Cards (1st)	29 10:15am Trivia and Reminiscing (G) 10:45 Ball Games (G) 2:30 CONCERT:ROSS PERFORMS (G)	30 10:30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1:30 film 2:15 BINGO (1st)	31 10:30 Morning Stretches (G) 10:45 Ten Pin Bowling (G) 1:30 film 2:30pm Men's Cub (HW) 2:30pm Word Games (1st)		