

JULY 2022 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			DUE TO UNFORESEEN CIRCUMSTANCES ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	1 10.30 Stretch Exercises 10.45 Manicures 1.30 Film/Movie 2.30 Keff Concert	2 10.30 Book Club 10.30 Warm Up Exercises 1.30 Movie Time 2.15 Bingo	3 10.30 Songs Around Piano 1.30 Film 2.30 Happy Hour First Day Of Naidoc Week
	4 10.00 Coffee Club 10.45 Darts 1.30 Movie Time 2.30 Knitter Natters 2.30 Men's Club	5 10.00 Coffee Club 10.45 Hopscotch 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion	6 10.00 Book Trolley 10.00 Quoits 1.30 Movie Time 2.30 Murray Ferguson Concert	7 10.30 Exercise to Music 10.45 Target Games 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Word Games & Ice Cream	8 10.30 Quoits 10.45 Manicures 1.30 Movie 2.30 Board Games	9 10.30 Book Club 10.30 Warm Up Exercises 1.30 Movie Time 2.15 Bingo
	11 10.00 Coffee Club 10.45 Carpet Bowls 1.30 Movie Time 2.30 Craft for Bastille Day	12 10.00 Coffee Club 10.45 Beach Volley Ball 1.30 Movie Time 1.30 Scenic Bus Trip	13 10.30 Balloon Tennis 1.30 Film 2.00 Decorate for Bastille Day	14 10.30 Exercise to Music 10.45 Target Games 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Reminiscing Bastille Day	15 10.30 Carpet Bowls 10.30 Manicures 1.30 Movie 2.30 Ross Hamilton Concert	16 10.30 Book Club 10.30 Warm Up Exercises 1.30 Movie Time 2.15 Bingo
	18 10.00 Coffee Club 10.45 Movement to Music 1.30 Movie Time 2.30 Christmas in July Craft	19 10.00 Coffee Club 10.45 Hoops 1.30 Movie Time 1.30 Scenic Bus Trip 2.00 Decorating for Christmas In July	20 10.30 Carols Around the Piano 12.00 Xmas in July Luncheon 1.30 Film 2pm Mercedes Concert Christmas In July	21 10.30 Warm Ups! 10.45 Darts 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Painting & Art	22 10.30 Movement to Music 10.45 Quiz & Manicures 1.30 Film/Movie 2.30 Trivia	23 10.30 Book Club 10.30 Warm Up Exercises 1.30 Movie Time 2.15 Bingo
	25 10.00 Coffee Club 10.45 Darts 1.30 Movie Time 2.30 Leyla Concert	26 10.00 Coffee Club 10.45 Board Games 1.30 Movie Time 1.30 Scenic Bus Trip 2.00 Manicures	27 10.00 Book Trolley 10.00 Hoops 1.30 Film 2pm Quiz	28 10.30 Ball Games & Stretches 1.30 Film 1.30 Scenic Bus Trip 2.30pm Craft	29 10.30 Dancing in your Chairs 10.30 Manicures 1.30 Movie time 2.30 Trivia	30 10.30 Book Club 10.30 Warm Up Exercises 1.30 Movie Time 2.15 Bingo World Friendship Day
						31 10.30 Songs Around Piano 1.30 Film 2.30 Happy Hour National Tree Day