



THOMPSON  
HEALTH CARE

# MARCH 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 9.45 Coffee Club (G) 10.45 Word Game (G) 1.30 Movie/Documentary 2.30 Armchair Travel to Germany (G)	31 9.45 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits	1 10.15 Book Trolley 10.30 Exercises to Music 11.00 Balloon Tennis 1.30 Film 2.30 Words Games <b>1st Day of Autumn</b>	2 <b>Hairdresser Salon Open</b> 10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Trivia (1st)	3 10.30 Seated Exercise (G) 10.45 Target Games (G) 1.30 Movie 2.15 Word Games (1st)	4 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	5 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) *Decorate for Holi
6 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Friendship Club (G)	7 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion	8 10.00 Garden Gazing 11.00 Holi Celebrations 1.30 Film <b>2.30 Concert: Juliet George</b>  <b>Holi</b> <b>International Women's Day</b>	9 <b>Hairdresser Salon Open</b> 10.30 Exercise to Music (G) 10.45 Balloon Tennis (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Sketches & Colouring (1st) <b>2.00 Resident's Family Meeting (G)</b>	10 10.30 Stretch & Exercise (G) 10.45 Sing-a-long (G) 1.30 Movie 2.15 Word Games (1st)	11 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	12 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
13 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Clay Modelling (G) 2.30 Men's Club (1st)	14 9.45 Coffee Club (G) 10.45 Irish Ball Games (G) 1.30 Movie Time 1.30 Scenic Bus Trip  *Decorate for St Patrick's Day	15 10.00 Trivia Quiz 11.00 Hop Scotch 1.30 Film 2.30 Arts & Crafts: Autumn Abstract Painting + Collage  <b>Ides of March</b>	16 <b>Hairdresser Salon Open</b> 10.15 Stretches (G) 10.45 Manicures (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Carpet Bowls (1st)	17 10.15 Stretches 10.45 Irish Games/Trivia Jokes & Limericks 1.30 Movie <b>2.30 Concert: Hugh Moran</b> <b>St Patrick's Day</b>	18 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	19 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
20 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Room Visits (G) (Staff Fire Safety Training 2pm)  <b>International Day of Happiness</b>	21 9.45 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits  <b>Harmony Day</b> <b>World Poetry Day</b>	22 10.15 Seated Exercises 10.45 Word Games 1.30 Film 2.30 Bingo	23 <b>Hairdresser Salon Open</b> 10.30 Garden Gazing 10.45 Manicures (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Word Game (1st)	24 10.30 Greek Independence Day Documentary (G) 11.00 Greek Trivia (G) 1.30 Movie <b>2.30 Concert: Paul</b> <b>Classical Guitar (G)</b>	25 <b>NSW STATE ELECTION</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)  <b>Greek Independence Day</b>	26 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
27 9.45 Coffee Club (G) 10.45 Word Game (G) 1.30 Movie/Documentary 2.30 Knitting Club (G) 2.30 Men's Club (1st)	28 9.45 Coffee Club (G) 10.45 Movement to Music (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits	29 10am Barrenjoey Singalong 10.30 Exercises 11.00 Carpet Bowls 1.30 Film 2.30 Reminiscing	30 <b>Hairdresser Salon Open</b> 10.30 Stretch & Exercise (G) 10.45 Room Visits 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Word Game (1st)	27 10.30 Word Game (G) 10.45 Room Visits 1.30 Movie <b>2.30 Concert: Murray Ferguson</b>	28 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	29 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Monthly Birthday Celebrations (G)

