



THOMPSON
HEALTH CARE

NOVEMBER 2022 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
Hairdressing Salon open each Monday contact RAO Office or Reception for Bookings	9.45 Coffee Club & Sweepstake 12pm Melbourne Cup Luncheon Festivities 3pm Watch the Melbourne Cup Melbourne Cup Day	11am Trivia in the Garden 1.30 Film 2.30 Knitting Group (G) 2.30 Murray Ferguson Concert All Souls Day	10.30 Target Game (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Reminiscing (1st)	10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl)	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) Guy Fawkes Day (UK)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G)
7	8	9	10	11	12	13
9.45 Coffee Club (G) 10.45 Movement to Music(G) 1.30 Movie/Documentary 2.30 Mercedes Concert	9.45 Coffee Club(G) 10.45 Word Games (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion Tongue Twister Day	10am Book Trolley 10.30 Darts (G) 2.30 Poppy making for Remembrance Day	10.30 TEN Pin bowling (G) 10:45 1:1 time 1.30 Movie 2.15 Reminiscing (1st) 2.00 Set up for Remembrance Day Service World Science Day	10.30 Remembrance Day Service 1.30 Movie 2.15 Word Game (1st Fl) REMEMBRANCE DAY	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G) International Day Of Kindness
14	15	16	17	18	19	20
9.45 Coffee Club (G) 10.45 Song Book Reminiscing (G) 1.30 Movie/Documentary 2.30 Knitting Club (G) 2.30 Men's Club (1st) Claude Monet's Birthday	9.45 Coffee Club(G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip Decorating for Xmas Begins!	10am Stretches 11am Trivia & Garden Gazing 1.30 Film 2pm Decorating For Christmas 2.30 Word Games	10.30 Balloon Tennis (G) 10:45 1:1 time 1.30 Scenic Bus Trip 2.15 Reminiscing (1st) 2pm Decorating for Xmas	10.30 Darts (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl) 2.15 Decorating For Christmas 2.30 Ross Hamilton in Concert	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around the Piano (G) 1.30 Movie 2.30 Happy Hour (G)
21	22	23	24	25	26	27
9.45 Coffee Club (G) 10.45 Movement to Music(G) 1.30 Movie/Documentary 2pm Decorating For Xmas 2.30 Friendship Club World Television Day	9.45 Coffee Club(G) 10.45 Balloon Tennis (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2pm Decorating for Xmas	10am Book Trolley 11am Trivia Decorating for Xmas 2.30 Water Colour Art Espresso Day	10.30 Target Game (G) 10:45 1:1 time 1.30 Scenic Bus Trip 2.15 Reminiscing (1st) Decorating for Xmas	10.30 Hoops (G) 10:45 Walking groups 1.30 Movie Decorating for Xmas 2.30 Keff in Concert	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around The Piano(G) 1.30 Movie 2.30 Happy Hour (G) November Birthday Celebrations First Day of Advent
28	29	30				
9.45 Coffee Club (G) 10.45 Song Book Reminiscing (G) 1.30 Movie/Documentary 2.00 Market Day (G)	9.45 Coffee Club(G) 10.45 Word Games & Quiz (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Manicures	10am Garden Gazing & Trivia 11am Ball Catch 1.30 Film 2.30 Concert: Charlotte Rose St Andrew's Day (Scotland)			 REMEMBRANCE DAY <i>Lest We Forget</i>	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE