

OCTOBER 2022 ACTIVITY CALENDAR - MONA VALE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31</p> <p>9.30 Coffee Club/Origins of Halloween 10.45 Spooky Moves to Music 2.30 Halloween Party Games</p> <p>HALLOWEEN</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>Hairdresser Each Monday To make a booking contact RAO or Reception</p>	 <p>HAPPY HALLOWEEN</p>		<p>1</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> <p>International Day of Older Persons</p>	<p>2</p> <p>10.30 Piano Tunes (G) 1.30 Movie 2.30 Happy Hour (G)</p> <p>Daylight Savings Starts Gandhi's Birthday NRL Grand Final</p>
<p>3</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Word Games (1st)</p>	<p>4</p> <p>9.45 Coffee Club(G) 10.45 Darts(G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion</p> <p>World Animal Day</p>	<p>5</p> <p>10am Book Trolley 10:30 Book Trolley 1.30 Movie Time 2.30 Keff in Concert</p> <p>Yom Kippur & World Teacher's Day</p>	<p>6</p> <p>10.30 Target Game (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Reminiscing (1st)</p>	<p>7</p> <p>10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl)</p>	<p>8</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>9</p> <p>10.30 Piano Tunes (G) 1.30 Movie 2.30 Happy Hour (G3)</p> <p>World Post Day</p>
<p>10</p> <p>9.45 Car Wash Cafe (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Men's Club (1st) 2.30 Knitting Club (G)</p>	<p>11</p> <p>9.45 Coffee Club(G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip</p>	<p>12</p> <p>10am Book Trolley Stretches and Word Games (G) 1.30 Movie 2:30pm Concert Larry and roby</p>	<p>13</p> <p>10.30 TEN Pin bowling (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Reminiscing (1st)</p>	<p>14</p> <p>10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl)</p>	<p>15</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>16</p> <p>10.30 Piano Tunes (G) 1.30 Movie 2.30 Happy Hour (G)</p> <p>World Food Day</p>
<p>17</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Murray Ferguson Concert</p>	<p>18</p> <p>9.45 Coffee Club(G) 10.45 Balloon Tennis (G) 1.30 Movie Time 1.30 Scenic Bus Trip</p>	<p>19</p> <p>10.00 Garden Gazing and Movement to Music - Garden 1.30 Film 2.30 Concert Mercedes (G)</p>	<p>20</p> <p>10.30 TEN Pin bowling (G) 10:45 1:1 time 1.30 Scenic Bus Trip 2.15 Reminiscing (1st)</p>	<p>21</p> <p>10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl)</p>	<p>22</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>23</p> <p>10.30 Piano Tunes (G) 1.30 Movie 2.00 Happy Hour (G)</p>
<p>24</p> <p>9.45 Coffee Club (G) 10.45 Rhythm Music Therapy 1.30 Movie/Documentary 2.30 Let's make Fascinating Fascinators for Melb Cup (G)</p> <p>Diwali United Nations Day</p>	<p>25</p> <p>9.45 Coffee Club(G) 10.45 Hopscotch (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft: Fascinating Facinators continued... (G)</p> <p>Pablo Picasso's Birthday</p>	<p>26</p> <p>10.00 Book Trolley 10:30am Balloon Tennis 1.30 Film 2.30 Cards for the Grandkids</p>	<p>27</p> <p>10.30 TEN Pin bowling (G) 10:45 1:1 time 1.30 Movie 2pm Decorate for Melbourne Cup</p>	<p>28</p> <p>10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Bingo (1st)</p>	<p>29</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie</p>	<p>30</p> <p>10.30 Piano Tunes (G) 1.30 Movie 2.30 Happy Hour and October Birthday Celebrations</p> <p>Grandparent's Day</p>