

SEPTEMBER 2022 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hairdresser open each Monday Please see RAO Team or Reception To make an appointment			1 10.30 Stretch exercise (G) 10.45 Perfect nails club (G) 1.30 Movie 2.15 Wattle Day Reminiscing Reminiscing (1st) Wattle Day	2 10.00 Positive-TEA chat group (G) 1.30 Movie 2.15 Word Game (1st Fl) 2.15 Decorate for Father's Day	3 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) National Australia Flag Day	4 10.45 Piano Tunes (G) 1.30 Movie 2.00 Father's Day Celebrations! (G) Happy Father's Day!
5 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 2.15 Sunshine Club/Potted Colour (G)	6 9.45 Coffee Club & (Soft Toy) Pet Adoption (G) 1.30 Movie Time	7 10.00 Book Trolley 10.30 Stretches (G) 11.00 Quoits (G) 2.30 Knitting Group (G) Brazilian Independence Day	8 10.30 Darts (G) 11.00 R U OK? Talk Group (G) 1.30 Movie R U OK? Day	9 10.00 Positive-TEA chat group 10.45 Carpet bowling (G) 1.30 Movie 2.30 Murray Ferguson concert (G)	10 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie	11 10.45 Piano Tunes (G) 1.30 Movie 2.00 Happy Hour (G)
12 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Men's Club (1st) 2.30 Knitting Club (G) Hatchling Chicks	13 9.45 Coffee Club(G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion Hatchling Chicks	14 10.30 Balloon Tennis (G) 1.30 Movie 2.30 Reminiscing 2.30 Chicken Time - Meet the Chicks (G) Hatchling Chicks	15 10.30 TEN Pin bowling (G) 10:45 1:1 time 1.30 Movie 2.15 Board games (1st Fl) Hatchling Chicks	16 10.30 Hoops (G) 10:45 Walking groups 1.30 Movie 2.15 Word Game (1st Fl) Mexican Independence Day Hatchling Chicks	17 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) Octoberfest Begins 17-3 Oct Hatchling Chicks	18 10.45 Piano Tunes (G) 1.30 Movie 2.00 Happy Hour (G) Confucious' Birthday Hatchling Chicks
19 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Word Games (1st) Hatchling Chicks	20 9.45 Coffee Club (G) 10.45 Twister with a Twist (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Room Visits Hatchling Chicks	21 10.00 Book Trolley 10.30 Stretches/10 Pin Bowls(G) 1.30 Movie 2.30 Mercedes Concert (G) Hatchling Chicks	22 10.30 Balloon Tennis (G) 10.45 Walking Groups 1.30 Movie 2.15 Trivia (1st) Hatchling Chicks	23 10.00 Sunshine Club/ Garden (G) 10.45 1:1 time 1.30 Movie on Holiday (CD 2) 2.15 Reminiscing time (G) World Maritime Day Hatchling Chicks	24 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	25 10.45 Piano Tunes (G) 1.30 Movie 2.15 Trivia (1st)
26 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.00 Oktoberfest Celebrations G	27 9.45 Coffee Club & Poetry and Readings (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Room Visits	28 10.30 Love In Action-Hymns (G) 1.30 Movie 2.30 Trivia/Quiz and Word Games (1st)	29 10.30 TEN Pin Bowling (G) 10:45 Manicures 1.30 Movie 2.15 Art and craft (1st FL) World Heart Day	30 10.00 Target Games (G) 10.45 1:1 Room Visits 1.30 Movie 2.15 Word Game (1st Fl)	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	HAPPY FATHER'S DAY