

# OCTOBER 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.30 Spooky Games 1.30 Movie/Documentary 2.30 Cards &amp; Board Games</p> <p> <b>HALLOWEEN</b></p>	<p>31</p> <p>9.45 Coffee Club (G) 10.45 (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create &amp; Craft (BW)</p>	<p> <b>Happy Halloween</b></p>	<p><b>OKTOBERFEST</b></p> <p></p>	<p> <b>AUSTRIA</b></p>	<p></p>	<p>1</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p> <p> <b>Day Light Savings Begins!</b></p>
<p>2</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Hopscotch Game (G) 1.30 Movie/Documentary 2.30 Cards &amp; Board Games</p> <p><b>Gandhi's Birthday</b></p>	<p>3</p> <p>9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie Time 1.30 Scenic Bus Trip <b>2.30 Holy Communion</b></p> <p></p>	<p>4</p> <p>10.15 Book Trolley &amp; Crossword Delivery 10.45 Balloon Tennis (G) 1.30 Film <b>2.30 Concert: Hugh Moran</b> <b>World Animal Day</b></p>	<p>5</p> <p>10.30 Exercise to Music (G) 10.45 Carpet Bowls 1.30 Film 1.30 Scenic Bus Trip 2.30 World Game (1st)</p> <p><b>World Teacher's Day</b></p>	<p>6</p> <p>10.45 Armchair Travel to <b>"Austria" (G)</b> <b>12pm Oktoberfest Luncheon</b> 1.30 Film 2.30 Austrian Trivia &amp; Word Quiz (1st)</p>	<p>7</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>8</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p>
<p>9</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Seated Tai Chi &amp; Meditation (G) 1.30 Movie/Documentary 2.30 Trivia &amp; Word Games</p>	<p>10</p> <p>9.45 Coffee Club (G) 10.45 Word Games (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create &amp; Craft (BW)</p>	<p>11</p> <p>10.15 Ball Toss Games (Garden) 10.45 Garden Gazing &amp; Trivia 1.30 Film 2.30 Bingo (1st)</p>	<p>12</p> <p>10.30 Morning Stretches (G) 10.45 Movement to Music (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)</p>	<p>13</p> <p>10.30 Movement to Music (G) 10.45 Carpet Bowls(G) 1.30 Film 2.30 Word Games (1st) <b>2.30 Concert: Ross Hamilton</b></p>	<p>14</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>15</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p> <p></p>
<p>16</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Word Games (G) 1.30 Movie/Documentary 2.30 Proverbs, Trivia &amp; Word Games (1st)</p>	<p>17</p> <p>9.45 Coffee Club (G) 10.45 Word Games (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create &amp; Craft (BW)</p>	<p>18</p> <p><b>10.30 Special: Drumming Circle with Carly (G)</b></p> <p>1.30 Film 2.30 All About Flowers</p> <p></p>	<p>19</p> <p>10.30 Morning Stretches 10.45 Music DVD &amp; Manicures 1.30 Film 1.30 Scenic Bus Trip 2.3 Word Games (1st)</p>	<p>20</p> <p>10.30 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film <b>2.30 Love In Action (G)</b></p> <p></p>	<p>21</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>22</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p>
<p>23</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Men's Club (HWL) 2.30 Knitting &amp; Crafting with Wool (G)</p>	<p>24</p> <p>9.45 Coffee Club (G) <b>11am Resident Meeting (G)</b> 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create &amp; Craft (BW)</p>	<p>25</p> <p>10.00 Sing-A-Long (BW) 10.45 Balloon Tennis (G) 1.30 Film <b>2.30 Concert: Juliette George</b></p> <p><b>Pablo Picasso's Birthday</b></p>	<p>26</p> <p>10.30 Chair Dancing 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)</p> <p></p>	<p>27</p> <p>10.3 10.45 Garden Gazing &amp; Trivia 1.30 Film 2.30 Board Games</p> <p>Decorate for Halloween</p>	<p>28</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>29</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Monthly Birthday Celebrations, Happy Hour &amp; Word Games</p> <p><b>Grandparent's Day</b></p>