



AUGUST 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 10.30 Physio Exercises (G) 10.45 Book Club (G) 1.30 Film 2:30 CONCERT: ROD PERFORMS (G) HORSE'S BIRTHDAY	2 10:30 Stretches 10:45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP	3 10.30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2.15 Bingo (1st)	4 10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2.30 Happy Hour & Music Appreciation (G)
5 9:45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:45 Darts (G) 1.30 Film 2:30 Trivia & Word Games (G)	6 9:45 Coffee Club (G) 10:45 Balloon Tennis (G) 1.30 Film 2:30 MEN'S CLUB (HW) 3pm HOLY COMMUNION	7 10:15 BUS TRIP 10.45 Carpet Bowls (G) 1.30 Film 2:30pm BINGO (1st)	8 10.30 Physio Exercises (G) 10.45 Cat Quiz (G) 1.30 Film 2.30 CONCERT: ROSS PERFORMS (G) INTERNATIONAL CAT DAY	9 10am Chair Dancing (G) 10.45 Documentary & Trivia(G) 1.30 Film 1:30 BUS TRIP 2:30 Word Games WORLD INDIGENOUS DAY	10 10.30 Morning Stretches (G) 10:45 Carpet Bowls (G) 1.30 Film 2.15 Bingo (1st)	11 10:30 Exercises (G) 1:30 Film 2.30 Happy Hour & Word Game (G)
12 9:45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Knitting & Wool Craft (G)	13 9:45 Coffee Club (G) 10:45 Darts (G) 1.30 Film 2:30 Card & Board Games (G)	14 10:15 BUS TRIP 10.45 Trivia and Reminiscing (G) 1.30 Film 2:30 CONCERT: LARRY AND ROBYN PERFORM (G)	15 10.30 Physio Exercises (G) 10.45 BINGO (1st) 1.30 Film 2:30 Colouring In (1st) INDIAN INDEPENDENCE DAY	16 10.15 Gentle Exercises (1st) 10.45 Arts & Crafts (1st) 1.30 Film 1:30 BUS TRIP 2pm LOVE IN ACTION (BW)	17 10.30 Morning Stretches (G) 10:45 Word Games (G) 1.30 Film 2.15 Bingo (1st)	18 10:30 Exercises (G) 1.30 Film 2.30 Happy Hour & Music Appreciation (G)
19 9:45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:45 Ball Games (G) 1.30 Film 2:30 Trivia & Word Challenge	20 9:45 Coffee Club (G) 10:45 Word Games 1.30 Film 2:30 Board and Card Games	21 10:15 BUS TRIP 10:35 Carpet Bowls (G) 1.30 Film 2:30 CONCERT: PAUL CLASSICAL GUITAR (G)	22 10.30 Physio Exercises (1st) 10.45 BINGO (1st) 1.30 Film 2:30 Colouring in Cancer Awareness (1st) DAFFODIL DAY	23 10:45 DRUM CIRCLE WITH CARLY (G) 1.30 Film 1:30 BUS TRIP 2:30 Word Games	24 10.30 Morning Stretches (G) 11.00 Balloon Tennis (G) 1.30 Film 2.15 Bingo (1st)	25 10:30 Exercises (G) 1.30 Film 2:30 Happy Hour and Word Games (G)
26 9:45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:45 Movement to Music (G) 1.30 Film 2:30 Daffodil Craft (G) INTERNATIONAL DOG DAY	27 9:45 Coffee Club (G) 11am RESIDENT MEETING (G) 1.30 Film 2:30 MEN'S CLUB (HW)	28 10:15 BUS TRIP 10:45 Trivia (G) 1.30 Film 2:30 CONCERT: KEFF PERFORMS (G)	29 10.30 Physio Exercises (G) 10.45 Balloon Tennis (G) 1.30 Film 2:30 BINGO (1st)	30 10:30 Coffee Club (G) 10:45 Word Games (G) 1.30 Film 1:30 BUS TRIP 2:30 Word Games (G)	31 10.30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2.15 Bingo (1st)	