



JUNE 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					10.30 Exercise to Music (G) 11.00 Carpet Bowls (G) 1.30 Film 2.15 Bingo (1st) WINTER STARTS	10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2.30 Happy Hour & Music Appreciation (G)
3	4	5	6	7	8	9
9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.45 Word Games (G) 1.30 Film 1:15 Darts (G)	9.30 Coffee Club (G) 10.45 Carpet Bowls(G) 1.30 Film 2.15 Knitting and wool Craft 3pm HOLY COMMUNION	10:15 BUS TRIP 10.45 Balloon Tennis (G) 1.30 Film 2:30pm CONCERT LARRY AND ROBYN (G) WORLD ENVIRONMENT DAY	10.30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 BINGO (1st)	10am Chair Dancing (G) 10.45 Book Club (G) 1.30 Film 1:30 BUS TRIP 2:30pm Trivia (G)	10.30 Exercises to Music (G) 10:45 Darts (G) 1.30 Film 2.15 Bingo (1st) Games (G) WORLD OCEAN DAY	10.30 Songs around (G) The Piano 1:30 Film 1:30 Choir Practice (G) 2.30 Happy Hour
10	11	12	13	14	15	16
9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.45 Darts (G) 1.30 Film 2:15 King's B'day Celebrations KING'S BIRTHDAY	9.30 Coffee Club (G) 10.45 Balloon Tennis (G) 1.30 Film 2.15 Board and Card Games	10.15 BUS TRIP (G) 10.45 Carpet Bowls (G) 1.30 Film 2:30pm CONCERT HUGH PERFORMS	10.30 Physio Exercises (G) 10.45 Quoits (G) 1.30 Film 2.30 BINGO (1st)	10.15 Gentle Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2:30 Word Games (1st) 2.15 MENS' CLUB	10.30 Exercises to Music (G) 10:45 Gamesand Trivia (G) 1.30 Film 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2.30 Happy Hour & Music Appreciation (G)
17	18	19	20	21	22	23
9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.45 Twister with a Twist(G) 1.30 Film 2.30 Word Games and trivia (1st)	9.30 Coffee Club (G) 10.45 Darts (G) 1.30 Film 2pm Armchair Travels to Hawaii	10.15am BUS TRIP (G) 10.45 Balloon Tennis (G) 1.30 Film 2:30pm CONCERT PAUL PERFORMS (G)	10.30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 BINGO (1st)	10.15 Morning Stretches (G) 10.45 Book Club (G) 1.30 Film 1:30 BUS TRIP 2:30 Love in Action (BW)	10.30 Exercises to Music (G) 10:45 Carpet Bowls (G) 1.30 Film 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2:30 Happy Hour and Word Games (G) PRIDE CELEBRATIONS
24	25	26	27	28	29	30
9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10:30 Movement to Music (G) 1.30 Film 2.15 Button Craft(1st) 2:30pm Mens Club (HW)	9.30 Coffee Club (G) 11am RESIDENT MEETING (G) 1.30 Film 2.15 Word Games (1st)	10.15am BUS TRIP (G) 10:35 Carpet Bowls (G) 1.30 Film 2:30pm (G) CONCERT KEFF PERFORMS	10.30 Physio Exercises (G) 10.45 Quoits (G) 1.30 Film 2.30 BINGO (1st)	10:30 Armchair Travels to Singapore (G) 1:30 Film 1:30pm BUS TRIP 2pm DRUMMING CIRCLE WITH CARLY	10.30 Exercises to Music (G) 10.45 Balloon Tennis (G) 1.30 Film 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2.30 Happy Hour & Music Appreciation (G)