



# NOVEMBER 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 10:30 Gentle Exercises (G) <b>10:45 DIWALI CELBRATIONS</b> 1.30 Film <b>1:30 BUS TRIP</b> <b>DIWALI</b> <b>ALL SAINTS DAY</b>	2 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film <b>2:15 BINGO (G)</b>	3 10.30 Singalong Around The Piano (G)  1.30 Film 2pm Choir Practice (G) 2:30 Word Games (G)
4 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Beach Volleyball (G) 1.30 Film 2:30 Fascinating Fascinators (G)	5 <b>MELBOURNE CUP</b> 9:45 Coffee Club (G) 1:30 Cup Sweepstakes (G) <b>MELBOURNE CUP LUNCH</b> 1.30 Film <b>3PM RACE TIME!</b> <b>GUY FAWKES NIGHT</b>	6 <b>10:15 BUS TRIP</b> 10:45 Carpet Bowls (G) 1.30 Film  <b>2:30 CONCERT: LEYLA PERFORMS (G)</b> 2:45 Crossword Delivery	8 10:30 Physio Exercises (G) 10:45 Balloon tennis  1.30 Film 2:30 Card & Board Games	10:30 Exercise to Music (G) 10:45 Darts (G) 1.30 Film <b>1:30 BUS TRIP</b> 2:30 Word Games (G)	9 10:30 Morning Stretches (G) 10:45 Carpet Bowls (G) 1.30 Film <b>2:15 BINGO (G)</b>	10 10.30 Singalong Around The Piano (G) 1:30 Film 2pm Choir Practice (G) 2:30 Word Games (G)
11 9:45 Coffee Club (G) 10:30 Music Therapy (BW)  1.30 Film <b>2:30 CONCERT: MURRAY (G)</b> <b>REMEBRANCE DAY</b>	12 9:45 Coffee Club (G) 10:45 Darts (G) 1.30 Film <b>2:30 MEN'S CLUB (HW)</b> 2:30 Wool Craft & Manicures <b>3pm HOLY COMMUNION</b>	13 <b>10:15 BUS TRIP</b> 10:45 Trivia (G) 1.30 Film <b>2:30PM BINGO (G)</b> 2:45 Crossword Delivery <b>WORLD KINDNESS DAY</b>	14 10:30 Physio Exercises (G) <b>10:45 PITTWATER WORSHIP SERVICE</b> 1.30 Film 2:30 Arts and Crafts <b>MONET'S BIRTHDAY</b>	15 10:30 Chair Dancing (G) 10:45 Carpet Bowls (G) 1.30 Film <b>1:30 BUS TRIP</b> <b>2pm LOVE IN ACTION (BW)</b>	16 10:30 Morning Stretches (G) 10:45 Balloon Tennis (G) 1.30 Film <b>2:15 BINGO (G)</b>	17 10.30 Singalong Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Board Games (G)
18 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Bean bag Toss (G) 1.30 Film  2:00 Let's Bake (BW)  <b>INT MEN'S DAY</b>	19 9:45 Coffee Club (G) 10:45 Balloon Tennis (G) 1.30 Film  2:30 Card & Board Games (1st)	20 <b>10:15 BUS TRIP</b> 10:45 Carpet Bowls (G)  1.30 Film <b>2:30 CONCERT HUGH PERFORMS (G)</b> 2:45 Crossword Delivery	21 10:30 Physio Exercises (G) 10:45 Ten Pin Bowling  1.30 Film 2:30 Arts and Crafts  <b>WORLD TV DAY</b>	21 <b>10:15 CARLY DRUMMING CIRCLE (G)</b> 1.30 Film  <b>1:30 BUS TRIP</b> 2:30 Reminiscing through Postcards (G) <b>WORLD PHILOSOPHY DAY</b>	23 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film <b>2:15 BINGO (G)</b>	24 10.30 Singalong Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Reminiscing (G)
25 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Bean bag Toss (G)  1.30 Film  <b>2:30 CONCERT: KEFF (G)</b>	26 9:45 Coffee Club (G) <b>11am RESIDENT MEETING</b> 1.30 Film  2:00 Potting Flowers (G) <b>2:30 MEN'S CLUB (HW)</b>	27 <b>10:15 BUS TRIP</b> 10:45 Ballon Tennis (G)  1.30 Film <b>2:30PM BINGO (G)</b> 2:45 Crossword Delivery	28 10:30 Physio Exercises (G)  10:45 Carpet Bowls (G) 1.30 Film 2:30 Arts and Crafts  <b>THANKSGIVING (USA)</b>	29 10:3 Gentle exercises (G) 10:45 Ten Pin Bowling (G)  <b>1:30 BUS TRIP</b> 2:30 Word Games (G)	30 10:30 Morning Stretches (G) 10:45 Carpet Bowls (G)  1.30 Film <b>2:15 BINGO (G)</b>	