



OCTOBER 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	9:45 Coffee Club (G) 10:30 Darts (G) 1.30 Film 2:15 Board & Card Games (1) 3pm HOLY COMMUNION INT DAY OF OLDER PERSON	10:15 BUS TRIP 10:45 Carpet Bowls (G) 1.30 Film 2:30 BINGO (1st) ROSH HASHANNAH	10:30 Physio Exercises (G) 10:45 Book Club (G) 1.30 Film 2:30pm Reminiscing - Tea Towel Travels (G) GERMAN UNITY DAY	10:30 Exercises to Music (G) 10:45 Quoits (G) 1.30 Film 1:30 BUS TRIP 2:30 CONCERT LARRY AND ROBYN (G)	10:30 Morning Stretches (G) 10:45 Carpet Bowls (G) 2:15 BINGO (1st) WORLD TEACHERS DAY	10.30 Songs Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Triva (G)
7	8	9	10	11	12	13
9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Ball Toss Game (G) 1.30 Film 2pm Let's Bake (BJW)	9:45 Coffee Club (G) 10:30 PONIES VISIT (G) 1.30 Film 2:15 Wool Craft (G) 2:15 Men's Club (HW)	10:15 BUS TRIP 10:45 Carpet Bowls (G) 1.30 Film 2:30 BINGO (1st)	10:30 Physio Exercises (G) 10:45 ANGLICAN WORSHIP SERVICE 10:45 Balloon Tennis (G) 1.30 Film 2:30 Word Games (G)	10:30 Gentle Exercises (G) 10:45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2:30 CONCERT KEFF PERFORMS (G)	10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (1st)	10.30 Songs Around The Piano (G) 1:30 Film 2pm Choir Practice (G) 2.30 Halloween History (G)
14	15	16	17	18	19	20
9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Darts (G) 1.30 Film 2.15 Dot Art Painting INDIGENOUS PEOPLES DAY	9:45 Coffee Club (G) 10.45 Pancake Tuesday (G) 1.30 Film 2:30 Card and Board Games (1st)	10:15 BUS TRIP 10:45 Trivia (G) 1.30 Film 2:30 CONCERT JULIETTE PERFORMS (G)	10:30 Physio Exercises (G) 10:45 Book Club (G) 1.30 Film 2:30pm BINGO (1st)	10:30 Chair Dancing (G) 10:45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2pm LOVE IN ACTION	10:30 Morning Stretches (G) 10:45 Balloon Tennis (G) 1.30 Film 2:15 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Reminiscing: "The Seasons" (G)
21	22	23	24	25	26	27
9:45 Coffee Club (G) 10.30 Music Therapy (BW) 10:45 Volley Ball (G) 1.30 Film 2.15 Sunshine Club: Potting Colour (courtyard)	9:45 Coffee Club (G) 10.30 Beautiful Tuesday (G) 11.00 Resident Meeting (G) 1.30 Film 2.15 Arts & Craft (G) 2:30 Men's Club (HW)	10:15 BUS TRIP 10:45 Carpet Bowls (G) 1.30 Film 2:30 CONCERT PAUL PLAYS CLASSICAL GUITAR (G) 2:45 Crossword Delivery	10:30 Physio Exercises (G) 10:45 Balloon Tennis (G) 1.30 Film 2:30pm BINGO (1st)	10:15 CARLY DRUMMING CIRCLE 1.30 Film 1:30 BUS TRIP 2:30 Board and Card Games (1st) PICASSO'S BIRTHDAY	10:30 Morning Stretches (G) 10:45 Carpet Bowls (G) 1.30 Film 2:15 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Halloween Armchair Travels (G) GRANDPARENT'S DAY
28	29	30	31			
9:45 Coffee Club (G) 10.30 Music Therapy (BW) 10:45 Spooky Games (G) 1.30 Film 2.15 Race Around the World Quiz Game (G)	9:45 Coffee Club (G) 10.30 Mona Vale Primary School Choir (G) 1.30 Film 2.30 Darts (G) 2.30 Manicures (G)	10:15 BUS TRIP 10:45 Balloon Tennis (G) 1.30 Film 2:30PM CONCERT ROD PERFORMS (G)	10:30 Physio Exercises (G) 10:45 Book Club (G) 1.30 Film 2:30pm BINGO (1st) HALLOWEEN			

