

OCTOBER 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR	1 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1:30 POETRY READING 	2 10.30 BALANCE AND STRENGTH 11:00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY	3 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1:30 FLORAL ART 	4 10.30 BUS TRIP 11.00 GENTLE EXERCISE 1:30 OCTOBERFEST CONCERT ANNETTE CONCERT	5 11.00 SINGALONG  1.30 BINGO 1.45 SINGALONG (D)	6 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
PUBLIC HOLIDAY 11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS 	8 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 TRIVIA 	9 10.30 BALANCE AND STRENGTH 11:00 SPECIAL MORNING TEA (D) 1.30 BUS TRIP 1.30 DOCUMENTARY 	10 11:00 COOKING (D) 11:00 EXERCISE WITH STEPHEN 1:30 CONCERT RODERIC CONCERT	11 10.30 BUS TRIP 11:00 FLORAL ART  1:30 BALLOON TENNIS	12 11.00 FIND A WORD  1.30 BINGO 1.45 SINGALONG (D)	13 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
14 11.00 MONDAY MORNING GET TOGETHER 1.30 RESIDENT MEETING 3:00 CREPES HAPPY HOUR	15 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1:30 POETRY READING	16 10:30 MARIA REGINA SCHOOL VISIT 1.30 BUS TRIP 1.30 BALANCE AND STRENGTH	17 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1:30 CONCERT KRISTY LEE	18 10:30 BUS TRIP 10:45 CHRISTIAN SERVICE 1:30 AGELESS MOVES 	19 11.00 SINGALONG  1.30 BINGO 1.45 SINGALONG (D)	20 11.00 SONGS OF PRAISE 1.30 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
21 11.00 MONDAY MORNING GET TOGETHER 1.30 ANGLICAN CHURCH SERVICE	22 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 TRIVIA 	23 10.30 BALANCE AND STRENGTH 11:00 CATHOLIC SERVICE 1.30 BUS TRIP 1.30 DOCUMENTARY 	24 11:00 COOKING (D) 11:00 EXERCISE WITH STEPHEN 1:30 CONCERT THE CHORDS CONCERT	25 10.30 BUS TRIP 11:00 FLORAL ART  1:00 MUSIC THERAPY (D) 1:30 DRUMMING	26 11.00 FIND A WORD  1.30 BINGO 1.45 SINGALONG (D)	27 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
28 11.00 MONDAY MORNING GET TOGETHER 1:30 ART AND CRAFT 	29 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 HUGH MORAN CONCERT CONCERT	30 10.30 BALANCE AND STRENGTH 11:00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY 	31 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1:30 REMINISCING 2:30 END OF MONTH BIRTHDAY CELEBRATION	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	WE WOULD LIKE TO ACKNOWLEDGE THE GADIGAL PEOPLE OF THE EORA NATION, THE TRADITIONAL CUSTODIANS OF THIS LAND, AND PAY OUR RESPECTS TO ELDERS BOTH PAST AND PRESENT.	