


JANUARY 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
9.45 Coffee Club 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Concert: Ross Hamilton (G)	9.45 Coffee Club 10.45 Men's Club (G) 1.30 Movie/Documentary 1.30 Scenic Bus Trip 2.30 Manicures	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE				10.30 Coffee Morning & New Year's Resolutions! (G) 1.30 Movie 2.30 Happy Hour (G) HAPPY NEW YEAR!
2	3	4	5	6	7	8
9.45 Coffee Club (G) 10.30 Word Games (G) 1.30 Movie/Documentary 2.30 Sunshine Club and Ice Cream	9.45 Coffee Club(G) 10.30 Movement to Music (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion	10.00 Trivia 11.00 Carpet Bowls G) 1.30 Movie Time 2.30 Concert: Leyla World Braille Day	10.30 Balloon Tennis (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Word game and Ice-cream (1st)	10.30 Morning Stretches (G) 10.30 Hoops (G) 1.30 Movie: Ford V Ferrari 2.30 Art group (1st) Epiphany	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) Orthodox Christmas Day	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G) Elvis Presley's Birthday
9	10	11	12	13	14	15
9.45 Coffee Club 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Men's Club (1st) 2.15 Art & Craft	9.45 Coffee Club(G) 10.45 Beach Volley Ball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 One on One Time	10.00 Book Trolley (G) 10.45 Garden Gazing 1.30 Movie Time 2.30 Trivia & Word Games (1st)	10.30 Carpet Bowls (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Remember those days and ice- cream (1st)	10.30 Stretch exercise (G) 10:45 Target Game 1.30 Movie 2.30 Concert: Murray Ferguson	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G) World Religion Day
16	17	18	19	20	21	22
9.45 Coffee Club 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Martin Luther King Quiz & Word Game (G) Martin Luther King Day	9.45 Coffee Club(G) 10.45 Beach Volley Ball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft: Chinese Calligraphy	10.15 Trivia Quiz (G) 11.00 Garden Gazing 1.30 Movie Time 2.30 Wattle Watercolour Art (1st)	10.30 Manicure day (G) 10:45 Hoops (G) 1.30 Movie 1.30 Scenic Bus Trip 2.15 Art for Chinese New Year (1st)	10.30 Armchair exercise (G) 10:45 Garden gazing (G) 1.30 Movie 2.30 Concert: Carly 2.30 Decorate for Chinese New Year	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G) 新年快樂 Happy Chinese New Year
23	24	25	26	27	28	29
9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Race Around Australia Trivia and Quiz Games (G)	9.45 Coffee Club(G) 10.45 Funny Stories & Jokes (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Decorating for Australia Belly Laugh Day	10.00 Reminiscing 11.00 Movement to Music 1.30 Movie Time 2.15 Concert: Juliet George	10.30 Thong throwing (G) 1.30 Movie 1.30 Scenic Bus Trip 2.15 Coloring group (1st) Happy AUSTRALIA DAY!	10.30 Mozart music club (G) 10:45 Chair Dancing (G) 1.30 Movie 2.30 Trivia and Ice-cream(1st) Mozart's Birthday	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 January Birthday Celebrations (G) Happy Hour!