

FEBRUARY 2023 ACTIVITY CALENDAR - MONA VALE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>1</p> <p>10.15 Trivia In the Garden 10.45 Ball Games (G) 1.30 Film 2.30 St Valentine's Day Love Collage Art (1st) National Girl & Women in Sport Day</p>	<p>2</p> <p>10.30 Chair Dancing G) 10:45 1:1 time 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Trivia (1st)</p>	<p>3</p> <p>10.30 Hoops & Stretches (G) 10:45 Room Visits 1:1 1.30 Movie 2.15 Word Game (1st Fl) Remembering Buddy Holly</p>	<p>4</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) World Cancer day</p>	<p>5</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G)</p>
<p>6</p> <p>9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Arts & Craft (G) 2.30 Men's Club (1st)</p>	<p>7</p> <p>9.45 Coffee Club(G) 10.45Word Games & Quiz (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion</p>	<p>8</p> <p>10.30 Morning Stretches 11.00 Balloon Tennis 1.30 Film 2.30 Concert: Paul Classical Guitar 2.30 Decorate for Valentine'sDay</p>	<p>9</p> <p>10.30 Chair Exercise & Carpet Bowls (G) 10:45 1:1 time 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Trivia/Colouring (1st)</p>	<p>10</p> <p>10.30Seated Exercise & Darts (G) 10:45 Room Visits 1:1 1.30 Movie 2.15 Word Game (1st Fl) 2.30 Valentine's Day Arts & Craft</p>	<p>11</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>12</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G) Abraham Lincoln's Birthday</p>
<p>13</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Trivia & Quiz (1st) Royal Hobart Regatta World Radio Day</p>	<p>14</p> <p>10.30 Valentine's Day Concert: Charolotte Rose (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits Valentine's Day</p>	<p>15</p> <p>10am Book Trolley 10.45 Balloon Tennis (G) 1.30 Film 2.30 Word Games (1st)</p>	<p>16</p> <p>10.30 Carpet Bowls (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Reminiscing (1st)</p>	<p>17</p> <p>10.30 Ball Game (G) 10:45 Room Visits 1:1 1.30 Movie 2.15 Word Game (1st Fl) Brazilian Carnival</p>	<p>18</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>19</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour (G)</p>
<p>20</p> <p>9.45 Coffee Club (G) 10.45Word Game (G) 1.30 Movie/Documentary 2.30 Painting Landscapes (G) 2.30 Men's Club (1st)</p>	<p>21</p> <p>9.45 Coffee Club & Pancakes (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits Shove Tuesday</p>	<p>22</p> <p>10.45 Carpet Bowls (G) 1.30 Film 2.30 Reminiscing and Ice Cream (G) Ash Wednesday</p>	<p>23</p> <p>10.30 Chair Dancing & Darts (G) 10:45 1:1 time 1.30 Movie 1.30 Scenic Bus Trip 2.15 Trivia (1st)</p>	<p>24</p> <p>10.30 Exercise to Music and Hoops (G) 10:45 Room Visits 1:1 1.30 Movie 2.30 Concert: Murray Ferguson</p>	<p>25</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>26</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour and Monthly Birthday Celebrations!</p>
<p>27</p> <p>9.45 Coffee Club (G) 10.45 Song Book Reminiscing (G) 1.30 Movie/Documentary 2.30 Drum Therapy (1st)</p>	<p>28</p> <p>9.45 Coffee Club(G) 10.45 Movement to Music (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Manicures</p>		<p>Hairdresser each Thursday morning. To make an Appointment, please contact RAO office or Reception (02) 9910 7900</p>			<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>