

MARCH 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 9.45 Coffee Club (G) 10.45 Word Game (G) 1.30 Movie/Documentary 2.30 Armchair Travel to Germany (G)	31 9.45 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits	1 10.15 Book Trolley 10.30 Exercises to Music 11.00 Balloon Tennis 1.30 Film 2.30 Words Games 1st Day of Autumn	2 Hairdresser Salon Open 10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Trivia (1st)	3 10.30 Seated Exercise (G) 10.45 Target Games (G) 1.30 Movie 2.15 Word Games (1st)	4 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	5 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) *Decorate for Holi
6 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Friendship Club (G)	7 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion	8 10.00 Garden Gazing 11.00 Holi Celebrations 1.30 Film 2.30 Concert: Juliet George Holi International Women's Day	9 Hairdresser Salon Open 10.30 Exercise to Music (G) 10.45 Balloon Tennis (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Sketches & Colouring (1st) 2.00 Resident's Family Meeting (G)	10 10.30 Stretch & Exercise (G) 10.45 Sing-a-long (G) 1.30 Movie 2.15 Word Games (1st)	11 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	12 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
13 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Clay Modelling (G) 2.30 Men's Club (1st)	14 9.45 Coffee Club (G) 10.45 Irish Ball Games (G) 1.30 Movie Time 1.30 Scenic Bus Trip *Decorate for St Patrick's Day	15 10.00 Trivia Quiz 11.00 Hop Scotch 1.30 Film 2.30 Arts & Crafts: Autumn Abstract Painting + Collage Ides of March	16 Hairdresser Salon Open 10.15 Stretches (G) 10.45 Manicures (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Carpet Bowls (1st)	17 10.15 Stretches 10.45 Irish Games/Trivia Jokes & Limericks 1.30 Movie 2.30 Concert: Hugh Moran St Patrick's Day	18 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	19 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
20 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Room Visits (G) (Staff Fire Safety Training 2pm) International Day of Happiness	21 9.45 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits Harmony Day World Poetry Day	22 10.15 Seated Exercises 10.45 Word Games 1.30 Film 2.30 Bingo	23 Hairdresser Salon Open 10.30 Garden Gazing 10.45 Manicures (G) 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Word Game (1st)	24 10.30 Greek Independence Day Documentary (G) 11.00 Greek Trivia (G) 1.30 Movie 2.30 Concert: Paul Classical Guitar (G)	25 NSW STATE ELECTION 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) Greek Independence Day	26 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
27 9.45 Coffee Club (G) 10.45 Word Game (G) 1.30 Movie/Documentary 2.30 Knitting Club (G) 2.30 Men's Club (1st)	28 9.45 Coffee Club (G) 10.45 Movement to Music (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Room Visits	29 10am Barrenjoey Singalong 10.30 Exercises 11.00 Carpet Bowls 1.30 Film 2.30 Reminiscing	30 Hairdresser Salon Open 10.30 Stretch & Exercise (G) 10.45 Room Visits 1.30 Movie time 1.30 Scenic Bus Trip 2.15 Word Game (1st)	27 10.30 Word Game (G) 10.45 Room Visits 1.30 Movie 2.30 Concert: Murray Ferguson	28 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	29 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Monthly Birthday Celebrations (G)

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