

MARCH 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.	1 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	2 10.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 ICECREAM PARLOUR 	3 10.00 BUS TRIP 11.00 EXERCISE 1.45 KEFF CONCERT	4 11.00 FIND A WORD 1.45 BINGO 1.45 MOVIE TIME (D)	5 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.45 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
6 10.30 HAND MASSAGE (D) 11.00 EXERCISE  1.45 RESIDENT'S MEETING	7 9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 GARDENING	8 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	9 10.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 1.45 HUGH MORAN CONCERT	10 11.00 PAMPERING (D) 11.00 MEET JACQUI SCRUBY - LOCAL CANDIDATE 1.30 BUS TRIP 1.45 BALLOON TENNIS	11 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE TIME (D)	12 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
13 10.30 HANDMASSAGE (D) 11.00 SEATED YOGA 1.45 CARPET BOWLS	14 9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 POETRY 	15 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	16 10.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN ST PATRICK'S DAY 1.45 LARRY & ROBYN CONCERT 	17 10.30 BUS TRIP 10.30 CHRISTIAN SERVICE(D) 1.45 AGELESS MOVES	18 11.00 FIND A WORD 1.45 BINGO 1.45 MOVIE TIME (D)	19 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
20 10.30 BALLOON TENNIS(D) 11.00 EXERCISE 1.45 ART & CRAFT CARD MAKING	21 9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 TRIVIA QUIZ	22 10.45 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY 	23 10.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 12.00 RESIDENT BBQ 1.45 SING ALONG	24 10.00 BUS TRIP 11.00 EXERCISE 1.45 LYRIC TRIO CONCERT	25 11.00 EXERCISE  1.45 BINGO 1.45 MOVIE TIME (D)	26 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.45 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
27 10.30 HANDMASSAGE (D) 11.00 SEATED YOGA  1.45 CARPET BOWLS	28 9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 WORD GAMES	29 10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	30 10.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN BIRTHDAY CELEBRATION CAKE 1.45 MURRAY FERUGSON CONCERT	31 11.00 PAMPERING (D) 11.00 EXERCISE 1.45 BALLOON TENNIS		