

APRIL 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.			11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG DVD (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
3	4	5	6	7	8	9
11.00 EXERCISE  1.45 RESIDENT'S MEETING	9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 ROOM VISITS 3.45 JULIET PIANO BAR	10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	10.30 EASTER CHURCH SERVICE  1.45 ANNETTE CONCERT	GOOD FRIDAY 11.00 MOVEMENT TO MUSIC 11.00 EXERCISE 1.30 BUS TRIP 1.45 EASTER CUPCAKE DECORATING	EASTER SATURDAY 11.00 EXERCISE 1.45 BINGO 1.45 MOVIE (D)	EASTER SUNDAY 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
10	11	12	13	14	15	16
EASTER MONDAY 11.00 EXERCISE (D) 11.00 SEATED YOGA  1.45 CARPET BOWLS	9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 KNIT AND NATTER	11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 1.45 MERCEDES CONCERT	11.00 PAMPERING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG DVD (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
17	18	19	20	21	22	23
11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 ART & CRAFT CARD MAKING	9.00 HAIRDRESSER 9.30 PET THERAPY 10.30 WALKS AND TALK 1.45 ROSS HAMILTON CONCERT	11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN 12.00 RESIDENT BBQ 2.00 RELATIVE MEETING 1.45 JANE RUTTER DVD CONCERT	11.00 EXERCISE (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 AGELESS MOVES	11.00 SINGALONG  1.45 BINGO 1.45 MOVIE (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
24	25	26	27	28	29	30
11.00 FLOWER ARRANGING (D) 11.00 SEATED YOGA  1.45 CARPET BOWLS	ANZAC DAY 10.30 ANGLICAN SERVICE  1.45 POETRY/ REMINISCING	10.45 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 1.45 RODERIC CONCERT	11.00 PAMPERING (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG DVD (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)