

# APRIL 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|---|--|--|--|---|---|--|
|   | DUE TO<br>UNFORESEEN<br>CIRCUMSTANCES<br>SOME ACTIVITIES MAY BE<br>SUBJECT TO<br>CANCELLATION OR<br>CHANGE                 |  | <b>Hairdresser Each Thursday</b><br> |   | 1<br>10.30 Morning Stretches (G)<br>11.00 Book Club Reading (G)<br>1.30 Movie<br>2.15 Bingo (1st)<br><b>April Fool's Day</b>                    | 2<br>10.30 Songs Around The Piano (G)<br>1.30 Movie<br>2.30 Happy Hour & Word<br>Game(G)                           |
| 3<br>9.45 Coffee Club (G)<br>10.30 Music Therapy (BWing)<br>10.45 Darts (G)<br>1.30 Movie/Documentary<br>2.30 Easter Craft (G)<br>2.30 Men's Club (HWing) | 4<br>9.45 Coffee Club (G)<br>10.45 Carpet Bowls (G)<br>1.30 Movie Time<br>2.30 Room Visits<br>3.00 Holy Communion          | 5<br>10.15 Book Trolley<br>10.45 Easter Art & Craft (1st)<br>1.00 Film<br><b>2.30 Concert:<br/>Larry &amp; Robyn (G)</b>   | 6<br>10.30 Morning Stretches<br>10.45 Balloon Tennis<br>1.30 Movie<br>1.30 Bus Trip<br>2.30 Easter Trivia & Word Game  | 7<br>10.30 Make your own<br>Easter Bouquet<br>10.45 Room Visits<br>1.30 Film<br>2.30 Easter Reminiscing<br><b>Good Friday</b> | 8<br>10.30 Morning Stretches (G)<br>11.00 Book Club Reading (G)<br>1.30 Movie<br>2.15 Bingo (1st)<br><b>Easter Saturday</b>                     | 9<br>10.30 Songs Around The Piano (G)<br>1.30 Movie<br>2.30 Happy Hour & Word<br>Game(G)<br><b>Easter Sunday</b>   |
| 10<br>9.45 Coffee Club (G)<br>10.45 Easter Egg Games (G)<br>1.30 Movie/Documentary<br>2.30 Easter Trivia and Word<br>Game (1st)<br><b>Easter Monday</b>   | 11<br>9.45 Coffee Club (G)<br>10.45 Movement to Music (G)<br>1.30 Movie Time<br>1.30 Scenic Bus Trip<br>2.15 Room Visits   | 12<br>10.30 Quiz (G)<br>11.00 Garden Gazing & Trivia<br>1.00 Film<br><b>2.30 Concert: Mercedes (G)</b><br><br><b>International Day of Human<br/>Space Flight</b> | 13<br>10.30 Word Game & Stretches (G)<br>1.30 Film<br>1.30 Bus Trip<br>2.30 Bingo (1st)                                | 14<br>10.30 Chair Dancing (G)<br>11.00 Manicures (G)<br>1.30 Film<br>2.30 Cultural Art/decoration<br>for ANZAC Day            | 15<br>10.30 Morning Stretches (G)<br>11.00 Book Club Reading (G)<br>1.30 Movie<br>2.15 Bingo (1st)<br><br>Anniversary Sinking of the<br>Titanic | 16<br>10.30 Songs Around The Piano (G)<br>1.30 Movie<br>2.30 Happy Hour & Word<br>Game(G)                          |
| 17<br>9.45 Coffee Club (G)<br>10.30 Music Therapy (BWing)<br>10.45 Darts (G)<br>1.30 Movie/Documentary<br>2.30 ANZAC Day Craft (G)<br>2.30 Men's Club     | 18<br>9.45 Coffee Club (G)<br>10.45 Beach Volleyball (G)<br>1.30 Movie Time<br>1.30 Scenic Bus Trip<br>2.15 Room Visits    | 19<br>10.15 Seated Exercises<br>10.45 Word Games<br>1.30 Film<br><b>2.30 Concert: Peter Elliot</b><br><br>Decorate for ANZAC DAY                                 | 20<br>10.30 Exercise to Music<br>11.00 Carpet Bowls<br>1.30 Film<br>1.30 Bus Trip<br>2.30 Trivia                       | 21<br>10.30 Chair Exercises<br>11.00 Target Game / Manicures<br>1.30 Film<br>2.30 Love In Action                              | 22<br>10.30 Morning Stretches (G)<br>11.00 Book Club Reading (G)<br>1.30 Movie<br>2.15 Bingo (1st)  | 23<br>10.30 Songs Around The Piano (G)<br>1.30 Movie<br>2.30 Happy Hour & Word<br>Game(G)<br><b>World Book Day</b> |
| 24<br>9.45 Coffee Club (G)<br>10.30 Music Therapy (BWing)<br>10.45 Darts (G)<br>1.30 Movie/Documentary<br>2.30 Room Visits<br>ANZAC Day Preparations      | 25<br>10.45 ANZAC Commemorative<br>Service<br>12.00 ANZAC Day Luncheon<br>2.30 Word Games & Quiz (1st)<br><b>ANZAC DAY</b> | 26<br>10.15 Singalong (Barrenjoey W)<br>10.45 Carpet Bowls (G)<br>1.30 Film<br>2.30 Bingo (1st)  | 27<br>10.30 Morning Stretches<br>11.00 Garden Gazing & Trivia<br>1.30 Film<br>1.30 Bus Trip<br>2.30 Board Games (1st)  | 28<br>10.30 Exercises to Music (G)<br>11.00 Reminiscing (G)<br>1.30 Film<br><b>2.30 Magician:<br/>Paul Cummings (G)</b>       | 29<br>10.30 Morning Stretches (G)<br>11.00 Book Club Reading (G)<br>1.30 Movie<br>2.15 Bingo (1st)  | 30<br>10.30 Songs Around The Piano (G)<br>1.30 Movie<br>2.30 Happy Hour & Monthly<br>Birthday Celebrations (G)     |