

MAY 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.30 COVID VACINATIONS  1.45 RESIDENT'S MEETING	2 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	3 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	4 11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN  1.45 LEYLA CONCERT	5 11.00 PAMPERING (D) 11.00 EXERCISE  1.30 BUS TRIP 1.45 CARPET BOWLS	6 11.00 SINGALONG  1.45 BINGO 1.45 MOVIE (D)	7 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
8 11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 CORONATION HIGH TEA 	9 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES 	10 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH  1.30 BUS TRIP 1.45 DOCUMENTARY	11 11.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN  1.45 HUGH MORAN CONCERT	12 " NURSES DAY " 11.00 EXERCISE TO MUSIC 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	13 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG DVD (D)	14 "MOTHERS DAY " 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
15 11.00 EXERCISE (D) 11.00 SEATED YOGA  1.45 CARPET BOWLS 3.45 MOTHERS DAY HAPPY HOUR CELEBRATION	16 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 YARN ART - SPINNING DEMONSTRATION	17 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH  1.30 BUS TRIP 1.45 DOCUMENTARY	18 11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 12.00 MUTICUTURAL RESIDENT BBQ 1.45 MULTICUTRAL DAY OF MUSC WITH KRISTY LEE	19 11.00 CHRISTIAN SERVICE (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 AGELESS MOVES	20 11.00 SINGALONG  1.45 BINGO 1.45 MOVIE (D)	21 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
22 11.00 HAND MASSAGE (D) 11.00 EXERCISE  1.45 ART AND CRAFT	23 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 MULTICUTURAL FOOD FOCUS - SAUSAGE SIZZLE	24 11.00 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	25 11.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN  1.45 MURRAY FERGUSON CONCERT	26 10.45 DRUMMING CIRCLE 11.00 SENIORS' RIGHTS VISIT 1.30 BUS TRIP 1.45 BALLOON TENNIS	27 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG DVD (D)	28 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
29 11.00 EXERCISE (D) 11.00 SEATED YOGA 1.45 CARPET BOWLS 	30 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45PM POETRY 	31 11.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH  1.30 BUS TRIP 1.45 DOCUMENTARY	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.		Happy Mother's Day!