

MAY 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Armchair Travel to The Netherlands	30 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Doll Therapy (BWing)	31 10.15 Singalong (BWing) 10.45 Balloon Tennis (G) 1.30 Film 2.30 Concert: Paul Classical Guitar	Hairdresser Each Thursday 			DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE
1 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Men's Club (HWing) 2.15 Ladies Day Spa Session (G)	2 9.45 Coffee Club (G) 10.45 Movement to Music & Kareoke (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion (HWing)	3 10.15 Crossword Delivery & Book Trolley 10.45 Bingo 1.30 Film 2.30 Concert: Leyla	4 10.30 Balloon Tennis & Stretches (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)	5 10.30 Seated Exercise (G) 10.45 Carpet Bowls (G) 1.30 Movie 2.15 Arts & Crafts for King's Coronation (1st)	6 10.30 Morning Stretches (G) 11.00 King's Coronation (G) 1.30 Movie 2.15 Bingo (1st) THE KING'S CORONATION	7 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
8 9.45 Coffee Club (G) 10.30 Music Therapy (1:1) 10.45 Twister (G) 1.30 Movie/Documentary 2.30 Concert: Murray Ferguson	9 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Day Spa Session (BWing)	10 10.15 Mother's Day Reminiscing 10.45 Carpet Bowls (G) 1.30 Film 2.30 Bingo (1st) Decorate for Mother's Day	11 10.30 Exercises & Target Games(G) 1.30 Film 1.30 Bus Trip 2.30 Art & Craft for Nurses' Day (1st)	12 10.30 Seated Exercise (G) 10.45 Word Games (G) 1.30 Movie 2.15 Mother's Day Colouring & Art (1st) International Nurse's Day	13 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	14 Mother's Day 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
15 9.45 Coffee Club (G) 10.30 Music Therapy (1:1) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Concert: Mercedes	16 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Scenic Bus Trip 2.30 Painting Butterflies (BWing) Cannes Film Festival (16-27th)	17 10.15 Garden Gazing 10.45 Word Game (1st) 1.30 Film 2.30 Bingo (1st)	18 10.30 Balloon Tennis & Exercises (G) 1.30 Film 1.30 Bus Trip 2.30 Reminiscing (1st)	19 10.30 Seated Exercise (G) 10.45 Manicures & Trivia (G) 1.30 Movie 2.15 Love In Action (1st)	20 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	21 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
22 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.30 Knitting Group (G) 2.30 Men's Club (HWing)	23 9.45 Coffee Club (G) 11.00 Resident Meeting (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Puzzles & Games (BWing)	24 10.15 Ball Games 1.30 Film 2.30 Concert: Larry & Robyn	25 10.30 Exercise & Manicures (G) 1.30 Film 1.30 Bus Trip 2.30 Trivia (1st)	26 10.30 Seated Exercise (G) 10.45 Target Games (G) 1.30 Movie 2.15 Word Games (1st) Multicultural Day	27 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	28 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)