

JUNE 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 THE BIGGEST MORNING TEA  1.45 SWAN LAKE DVD	2 11.00 PAMPERING (D) 11.00 EXERCISE 1.45 LEYLA CONCERT	3 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	4 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
5 11.00 HANDMASSAGE (D) 11.00 EXERCISE  1.45 ART AND CRAFT	6 9.00 HAIRDRESSER 11.00 WALKS AND TALKS 1.45 PET THERAPY - KITTENS 3.30 JULIET PIANO BAR	7 10.45 BALANCE AND STRENGTH 11.00 FLOWER ART (D) 1.45 DOCUMENTARY	8 11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN  1.45 KEFF CONCERT	9 11.00 BALL GAMES 11.00 EXERCISE 1.45 BALLOON TENNIS	10 11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	11 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
12 PUBLIC HOLIDAY 11.00 EXERCISE (D) 11.00 SEATED YOGA 1.45 CARPET BOWLS	13 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	14 10.45 BALANCE AND STRENGTH 11.00 FLOWER ART (D) 1.45 DOCUMENTARY	15 11.00 SINGLAONG (D) 11.00 EXERCISE WITH ADRIAN 12.00 RESIDENT BBQ 1.45 CHARLOTTE CONCERT	16 10.30 CHRISTIAN SERVICE 10.00 MARIA REGINA SCHOOL VISIT 1.45 AGELESS MOVES	17 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	18 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
19 11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 RESIDENT'S MEETING	20 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 ELVIS CONCERT	21 10.45 BALANCE AND STRENGTH 11.00 FLOWER ART (D)  1.45 DOCUMENTARY	22 11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN 1.45 CLASSICAL DVD	23 11.00 PAMPERING (D) 10.30 DRUMMING CIRCLE  1.45 REMINISCING	24 11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	25 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
26 11.00 EXERCISE (D) 11.00 SEATED YOGA 1.45 CARPET BOWLS	27 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	28 10.45 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE (D) 1.45 DOCUMENTARY 1.45 FLOWER ART (D)	29 11.00 SINGLONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 PAUL LEVENTHAL CONCERT END MONTH BIRTHDAY CELEBRATION	30 11.00 BALL GAMES (D) 11.00 EXERCISE 1.45 TRIVIA		