

JULY 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 11.00 EXERCISE (D) 11.00 SEATED YOGA 1.45 CARPET BOWLS		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.	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		1 11.00 WORD GAMES 1.45 BINGO 1.45 SINGALONG (D)	2 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
3 11.00 EXERCISE (D) 11.00 SEATED YOGA 1.45 RESIDENT MEETING	4 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 LARRY AND ROBYN CONCERT	5 9.00 LIBRARY SERVICE 11.00 EXERCISE 11.00 FLOWER ART (D) 1.30 BUS TRIP 1.45 DOCUMENTARY	6 11.00 SINGLAONG (D) 11.00 EXERCISE  NAIDOC CELEBRATION 1.45 GUEST SPEAKER NEIL EVERS	7 11.00 BALL GAME (D) 11.00 EXERCISE 1.30 BUS TRIP 1:45 BALLOON TENNIS	8 11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	9 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
10 11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 ART AND CRAFT	11 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS  1.45 CREPE MAKING	12 11.00 EXERCISE 11.00 FLOWER ART (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	13 11.00 SINGLAONG (D) 11.00 EXERCISE  FRENCH LUNCH 1.45 VIVA CONCERT	14 11.00 EXERCISE 11.00 MOVEMENT TO MUSIC 1.30 BUS TRIP 1.45 POETRY	15 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	16 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
17 11.00 EXERCISE (D) 11.00 SEATED YOGA  1.45 CARPET BOWLS	18 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 BALLET DVD 3.30 JULIET PIANO BAR	19 10.45 BALANCE AND STRENGTH 11.00 FLOWER ART (D) 1.30 BUS TRIP 1.45 DOCUMENTARY	20 11.00 SINGLAONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 LEYLA CONCERT	21 10.30 CHRISTIAN SERVICE SERVICE (D) 10.30 BUS TRIP 1.45 AGELESS MOVES	22 11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	23 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
24 11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 ART AND CRAFT	25 9.00 HAIRDRESSER 9.30 PET THERAPY 11.00 WALKS AND TALKS 1.45 ROSS HAMILTON CONCERT RESIDENT BIRTHDAY CELEBRATION	26 10.45 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE 1.30 BUS TRIP 1.45 DOCUMENTARY	27 11.00 SINGLAONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 TRIVIA QUIZ	28 10.30 DRUMMING CIRCLE 11.00 PAMPERING (D)  1.30 BUS TRIP 1.45 CARPET BOWLS	29 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	30 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)