

# JUNE 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>			<p>1</p> <p>10.30 Morning Stretches &amp; 11:00 Manicure (G) 1.30 Film 1.30 Bus Trip 2.30 Reminiscing</p>	<p>2</p> <p>10.30 Seated Exercise (G) 11:00 Italy fun facts/ Songs 1.30 Movie 2.15 Word Games (1st)</p> <p><b>Italian National Day</b></p>	<p>3</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>4</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p>
<p>5</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Yoga Stretches (G) 1.30 Movie/Documentary 2.30 Board Games</p>	<p>6</p> <p>9.45 Coffee Club (G) 10.45 Movement to Music &amp; Karaoke (G) 1.30 Movie Time 1.30 Bus Trip 3.00 Holy Communion</p>	<p>7</p> <p>10.15 Book Trolley &amp; Grossword Delivery 10.45 Trivia Quiz (G) 1.30 Film <b>2.30 Concert: Juliet George</b></p>	<p>8</p> <p>10.30 Morning Stretches &amp; Documentry on Oceans 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)</p> <p><b>World Ocean's Day</b></p>	<p>9</p> <p>10.30 Seated Exercise (G) 11:00 Carpet Bowls 1.30 Movie 2.15 Art/Colouring</p>	<p>10</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>11</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p>
<p>12</p> <p>9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie/Documentary <b>2.15 Kings Birthday High Tea</b></p>	<p>13</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Bus Trip 2.15 Craft &amp; Games (BWing)</p>	<p>14</p> <p>10.15 Reminiscing 10.45 Word Games 1.30 Film <b>2.30 Concert: Keff Performs</b></p>	<p>15</p> <p>10.30 Morning Stretches &amp; Manicure(G) 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)</p>	<p>16</p> <p>10.30 Seated Exercise (G) 11:00 Manicure (G) 1.30 Movie 2.15 Art and craft</p>	<p>17</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>18</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p>
<p>19</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary <b>2.30 Quest Speaker: Barrie Unsworth (Former NSW Premier)</b></p>	<p>20</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft &amp; Games (BWing)</p>	<p>21</p> <p>10.15 Songs Around the Piano 10.45 Balloon Tennis 1.30 Film 2.30 BINGO!  <b>June Solace World Music Day</b></p>	<p>22</p> <p>10.30 Morning Stretches &amp; Balloon Tennis (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games 1st</p>	<p>23</p> <p>10.30 Seated Exercise (G) 10:45 reminiscing songs(G) 1.30 Movie 2.15 Coffee and chat (G)</p>	<p>24</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>25</p> <p>10.30 Songs Around The Piano (G) 12.30 Croatia Luncheon 1.30 Movie 2.30 Happy Hour &amp; Word Game(G) <b>Croatia Independence Day</b></p>
<p>26</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Men's Club 2.30 Knitting Club</p>	<p>27</p> <p>9.45 Coffee Club (G) <b>11am Resident Meeting (G)</b> 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft &amp; Games (BWing)</p>	<p>28</p> <p>10.15 Carpet Bowls 10.45 Stretches 1.30 Film 2.30 BINGO! 2.30 Singalong (B/Wing)</p>	<p>29</p> <p>10.30 Chair Dancing &amp; Balloon Tennis (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games 1st</p>	<p>30</p> <p>10.30 Seated Exercise (G) 10:45 Target Games (G) 1.30 Movie <b>2.15 Hugh Moran Concert (G)</b></p>		