





JULY 2023 ACTIVITY CALENDAR - DURAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Word Game @ L1 1:30 Art Therapy 2:00 B I N G O 2:30 Movie @ Cinema		EXTRA ACTIVITIES : GYM Sessions : by appointment Walk and Talk : by appointment Hornsby Library Visit : 13 JULY Resident's Meeting : Monthly Spa : by appointment	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		1 10:30 Coffee & Chat 11:00 Musical Exercises 2:00 Carpet Bowls for G & L1 2:00 B I N G O for LG1 2:30 Movie @ Cinema 3:00 Quoits @ LG2	2 10:30 Coffee & Chat 11:00 Musical Exercises 11:30 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
3 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Word Game @ L1 1:30 Art Therapy 2:00 B I N G O 2:30 Movie @ Cinema	4 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 B O W L I N G 2:00 Carpet Bowls 2:30 Movie @ Cinema	5 10:00-2:00 Picnic Bus Trip [G] 11:00 Church Service 11:00 Musical Exercises 2:00 B I N G O 2:00 Darts Game 2:30 Movie @ Cinema	6 10:00 Bus Trip with L1 11:00 Pet Therapy "Maya" 11:00 Musical Exercises 2:00 Carpet Bowls 2:30 Movie @ Cinema	7 10:00 Bus Trip with LG2 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O [Back Dining Room - G] 2:00 Live Concert w/ Paul Leventhal & Happy Hour 2:30 Movie @ Cinema	8 10:00 Bus Trip [G] 11:00 Musical Exercises 2:00 Carpet Bowls for G & L1 2:00 B I N G O for LG1 2:30 Movie @ Cinema 3:00 Quoits @ LG2	9 10:00 Bus Trip [G] 11:00 Musical Exercises 11:30 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
10 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Quoits @ L1 1:30 Craft Making 2:00 B I N G O 2:30 Movie @ Cinema	11 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Musical Exercises 11:00 B O W L I N G 2:00 Carpet Bowls 2:30 Movie @ Cinema	12 10:00-2:00 Picnic Bus Trip [LG1] 10:30 Church Service 11:00 Musical Exercises 2:30 Residents' Meeting 2:30 Movie @ Cinema	13 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Yoga Class 2:30 Movie @ Cinema	14 10:00 Bus Trip with LG2 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O [Back Dining Room - G] 2:00 Live Concert w/ Harry Court & Happy Hour 2:30 Movie @ Cinema	15 10:30 Coffee & Chat 11:00 Musical Exercises 2:00 Carpet Bowls for G & L1 2:00 B I N G O for LG1 2:30 Movie @ Cinema 3:00 Quoits @ LG2	16 10:30 Coffee & Chat 11:00 Musical Exercises 11:30 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
17 10:00 Bus Trip with Gfloor 11:00 Musical Exercises 11:00 Pet Therapy "Pippa" 1:15 Carpet Bowls Competition with Wahroonga House 2:30 Movie @ Cinema	18 10:00 Bus Trip with LG1 10:30 Jewellery Making 11:00 Yoga Class 11:00 B O W L I N G 2:00 Carpet Bowls 2:30 Movie @ Cinema	19 10:00-2:00 Picnic Bus Trip [LG2] 10:30 Church Service 11:00 Musical Exercises 2:00 B I N G O 2:00 Darts Game 2:30 Movie @ Cinema	20 10:00 Bus Trip with L1 10:30 Catholic Service 10:30 Jewellery Making 11:00 Musical Exercises 2:00 Carpet Bowls 2:30 Movie @ Cinema	21 10:00 Bus Trip with LG2 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O [Back Dining Room - G] 2:00 Live Concert w/ Andrew Dyce & Happy Hour 2:30 Movie @ Cinema	22 10:30 Coffee & Chat 11:00 Musical Exercises 2:00 Carpet Bowls for G & L1 2:00 B I N G O for LG1 2:30 Movie @ Cinema 3:00 Quoits @ LG2	23 10:30 Coffee & Chat 11:00 Musical Exercises 11:30 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2
24 10:00 Bus Trip with Gfloor 10:30 Jewellery Exhibit 11:00 Musical Exercises 11:00 Quoits @ L1 1:30 Craft Making 2:00 B I N G O 2:30 Movie @ Cinema	 Christmas in July 25 10:00 Bus Trip with LG1 11:00 Musical Exercises 12:00 LUNCH Special 2:00 Christmas in JULY Live Concert w/ Dion Palumbo & Happy Hour 2:30 Movie @ Cinema 	26 10:00-2:00 Picnic Bus Trip [L1] 10:30 Church Service 11:00 Musical Exercises 2:00 B I N G O 2:30 Movie @ Cinema	27 10:00 Bus Trip with L1 10:30 Catholic Service 11:00 Pet Therapy "Maya" 11:00 Yoga Class 2:00 Carpet Bowls 2:30 Movie @ Cinema	28 10:00 Bus Trip with LG2 11:00 Hand & Foot Spa @ Level 1 11:00 B I N G O [Back Dining Room - G] 2:00 Live Concert w/ Harry Court & Happy Hour 2:30 Movie @ Cinema	29 10:30 Coffee & Chat 11:00 Musical Exercises 2:00 Carpet Bowls for G & L1 2:00 B I N G O for LG1 2:30 Movie @ Cinema 3:00 Quoits @ LG2	30 10:30 Coffee & Chat 11:00 Musical Exercises 11:30 Songs of Praise 2:00 B I N G O 2:30 Knit & Purl 2:30 Movie @ Cinema 3:00 Happy Hour @ LG2