


























JULY 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	In House TV each day Channel 700, 701, 702, 703			1 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie	2 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
3 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel 	4 9.30 - Coffee in Cafe 10.45 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	5 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 1.30 - Resident Meeting 2.30 - Music and Milkshakes 	6 9.30 - Coffee in the Café 10.15 - Bus Outing - luncheon 10.30 - Carpet Bowls 1.30 - Movie in Cinema 3.15 - Library Trolley Visits 	7 9.30 - Coffee in the Café 10.30 - World Chocolate Day extravaganza 11.00 - Church Karoke 2.00 - Happy Hour 	8 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	9 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
10 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	11 9.30 - Coffee in Cafe 10.30 - Chair Hockey 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	12 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 2.00 - Drumming Circle 	13 9.30 - Coffee in the Café 10.15 - Bus Outing - luncheon 10.30 - Carpet bowls 1.30 - Movie in Cinema 3.15 - Library Trolley Visits	14 9.30 - Coffee in the Café 10.45 - Story Circle 11.00 - Church Karaoke 2.00 - Happy Hour 	15 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	16 9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie 
17 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel	18 9.30 - Coffee in Cafe 10.30 - Bingo 11.15 - Falls prevention exercises 2.00 - Quizzes 	19 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 2.30 - Music and Milkshakes 3.30 - Residents Advisory Committee	20 9.30 - Coffee in the Café 10.15 - Scenic Bus Outing 10.30 Carpet Bowls 1.15 - Scenic Outing with Ice-cream 3.15 - Library Trolley Visits 	21 9.30 - Coffee in the Café 10.45 - Scratch art 11.00 - Church Karaoke 2.00 - Happy Hour 	22 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie 	23 9.00 Church Karaoke 10.20 - Table Games Independent Activities 1.00 Afternoon Movie
24 Hairdresser & Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo 	25 9.30 - Coffee in Cafe 10.30 - Nerf Shooting Gallery 11.15 - Falls Prevention Exercises 2.00 - Quizzes 	26 9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits 2.00 Resident Birthday Party 	27 9.30 - Coffee in the Café 10.30 - Bus outing - luncheon 10.30 - Craft in Craft Room 1.30 - Movie in Cinema 3.15 - Library Trolley Visits	28 9.30 - Coffee in the Café 10.45 - Carpet Bowls 11.00 - Church Karaoke 2.00 - Happy Hour  	29 10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon M 	1.00 Afternoon Movie 10.20 - Table Games Independent Activities 1.00 Afternoon Movie