

# JULY 2023 ACTIVITY CALENDAR - MACLEAY VALLEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>31</b></p> <p>Hairdresser &amp; Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel</p>	<p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>	<p><b>In House TV each day</b> Channel 700, 701, 702, 703</p>			<p><b>1</b></p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p><b>2</b></p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p><b>3</b></p> <p>Hairdresser &amp; Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel</p> 	<p><b>4</b></p> <p>9.30 - Coffee in Cafe 10.45 - Bingo 11.15 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p><b>5</b></p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games <b>1.30 - Resident Meeting</b> 2.30 - Music and Milkshakes</p> 	<p><b>6</b></p> <p>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</p> 	<p><b>7</b></p> <p>9.30 - Coffee in the Café 10.30 - World Chocolate Day extravaganza 11.00 - Church Karoke 2.00 - Happy Hour</p> 	<p><b>8</b></p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p><b>9</b></p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p><b>10</b></p> <p>Hairdresser &amp; Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo</p> 	<p><b>11</b></p> <p>9:30 - Coffee in Cafe 10.30 - Chair Hockey 11.15 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p><b>12</b></p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 2.00 - Drumming Circle</p> 	<p><b>13</b></p> <p>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</p>	<p><b>14</b></p> <p>9.30 - Coffee in the Café 10.45 - Story Circle 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p><b>15</b></p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p><b>16</b></p> <p>9.00 - Church Karaoke 10.20 - Table Games Independent Activities 1.00 - Afternoon Movie</p> 
<p><b>17</b></p> <p>Hairdresser &amp; Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Armchair Travel</p>	<p><b>18</b></p> <p>9.30 - Coffee in Cafe 10.30 - Bingo 11.15 - Falls prevention exercises 2.00 - Quizzes</p> 	<p><b>19</b></p> <p>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</p>	<p><b>20</b></p> <p>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</p> 	<p><b>21</b></p> <p>9.30 - Coffee in the Café 10.45 - Scratch art 11.00 - Church Karaoke 2.00 - Happy Hour</p> 	<p><b>22</b></p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon Movie</p> 	<p><b>23</b></p> <p>9.00 Church Karaoke 10.20 - Table Games Independent Activities 1.00 Afternoon Movie</p>
<p><b>24</b></p> <p>Hairdresser &amp; Beautician 9.00 - Walking Group 9.30 - Coffee in the Café 11.15 - Falls Prevention Exercises 10.00 - Craft Group 2.00 - Bingo</p> 	<p><b>25</b></p> <p>9:30 - Coffee in Cafe 10.30 - Nerf Shooting Gallery 11.15 - Falls Prevention Exercises 2.00 - Quizzes</p> 	<p><b>26</b></p> <p>9.00 - Walking Group 9.30 - Coffee and Kiosk in Café 10.30 - Table Games 10.30 - 1:1 Support Visits <b>2.00 Resident Birthday Party</b></p> 	<p><b>27</b></p> <p>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</p>	<p><b>28</b></p> <p>9.30 - Coffee in the Café 10.45 - Carpet Bowls 11.00 - Church Karaoke 2.00 - Happy Hour</p>  	<p><b>29</b></p> <p>10.20 - Bingo Independent Activities Newspaper Reading Snooker 1.00 - Afternoon M</p> 	<p>1.00 Afternoon Movie 10.20 - Table Games Independent Activities 1.00 Afternoon Movie</p>