

# JULY 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Yoga Stretches (G) 1.30 Movie/Documentary 2.30 Board Games	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		 <b>2-9th July</b>		<b>1</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>2</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>3</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Board Games  **Decorate Xmas in July	<b>4</b> 9.45 Coffee Club (G) 10.45 Movement to Music & Karaoke (G) 1.30 Movie Time 1.30 Bus Trip 3.00 Holy Communion	<b>5</b> 10.15 Book Trolley & Crossword Delivery 10.45 Balloon Tennis (G) 1.30 Film <b>2.30 Concert: Larry &amp; Robyn</b>	<b>6</b> 10.30 Morning Stretches & Manicure & Music Video (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)	<b>7</b> 10.30 Seated Exercise (G) 11:00 Carpet Bowls (G) 1.30 Movie 2.15 Art/Colouring (1st)	<b>8</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>9</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>10</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary <b>2.30 Concert: Murray Ferguson</b>	<b>11</b> 9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Bus Trip 2.15 Craft & Games (BWing)	<b>12</b> 10.15 Singalong (BW) 10.45 Word Games (G) 1.30 Film 2.30 BINGO! (1st) **Decorate for Bastille Day	<b>13</b> 10.30 Morning Stretches & Poet's Corner/Reminiscing (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)	<b>14</b> 10.30 Seated Exercise (G) 11:00 Manicure & Trivia (G) 1.30 Movie <b>2.30 Armchair Travel to FRANCE ! (G)</b>  <b>Bastille Day</b>	<b>15</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>16</b> 10.30 Carols & Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>17</b> 9.45 Coffee Club (G) 10.30 Christmas Songs with Greg (G) <b>12.00 XMAS IN JULY LUNCHEON</b> 1.30 Movie/Documentary 2.30 Friendship Club (G)	<b>18</b> 9.45 Coffee Club (G) 10.45 Twister with a Twist (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft & Games (BWing)  <b>Nelson Mandela Day</b>	<b>19</b> 10.15 Trivia Quiz (G) 10.45 Balloon Tennis (G) 1.30 Film  <b>2.30 Concert: Leyla</b>	<b>20</b> 10.30 Morning Stretches & Ball Games (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games 1st	<b>21</b> 10.30 Chair Dancing (G) 10:45 Carpet Bowls (G) 1.30 Movie <b>2.30 Love In Action (G)</b>	<b>22</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>23</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>24</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Board Games	<b>25</b> 9.45 Coffee Club (G) <b>11am Resident Meeting (G)</b> 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft & Games (BWing)	<b>26</b> 10.15 Reminiscing (G) 10.45 Carpet Bowls (G) 1.30 Film  <b>2.30 Concert: Paul Classical Guitarist</b>	<b>27</b> 10.30 Chair Dancing & Morning Bingo (G) 1.30 Film 1.30 Bus Trip 2.30 Word Games (1st)  <b>Tisha B'Av</b>	<b>28</b> 10.30 Seated Exercise (G) 10:45 Target Games (G) 1.30 Movie 2.30 Reminiscing (1st)  **Pack Down Xmas Decos	<b>29</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>30</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game & Monthly Birthday Celebrations <b>World Friendship Day</b>