

AUGUST 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
WE WOULD LIKE TO ACKNOWLEDGE THE GADIGAL PEOPLE OF THE EORA NATION, THE TRADITIONAL CUSTODIANS OF THIS LAND, AND PAY OUR RESPECTS TO ELDERS BOTH PAST AND PRESENT.	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 HUGH MORAN CONCERT	10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH  1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 SINGALONG(D) 11.00 EXERCISE WITH ADRIAN 1.45 SINGALONG	11.00 BALL GAMES (D) 11.00 EXERCISE  1.30 BUS TRIP 3.30 JULIET PIANO BAR	11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
7	8	9	10	11	12	13
11.00 EXERCISE (D) 11.00 SEATED YOGA  1.45 RESIDENT'S MEETING	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 POETRY	10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN  1.45 KRISTY LEE CONCERT	11.00 BALL GAMES (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 BALLOON TENNIS	11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
14	15	16	17	18	19	20
11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 CARPET BOWLS	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES	10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH  1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 LOUIS CONCERT	10.30 BUS TRIP 11.00 CHRISTIAN SERVICE 1.45 AGELESS MOVES	11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
21	22	23	24	25	26	27
10.30 EXERCISE (D) 11.00 SEATED YOGA  1.45 RODERIC CONCERT	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 POETRY	11.00 CATHOLIC SERVICE 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 COOKING (D) 11.00 EXERCISE WITH ADRIAN  1.45 CHOCOLATE FOUNTAIN	11.00 BALL GAMES (D) 10.30 DRUMMING CIRCLE 1.30 BUS TRIP 1.45 BALLOON TENNIS	11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
28	29	30	31			
11.00 HAND MASSAGE (D) 11.00 EXERCISE 1.45 ART AND CRAFT	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES	10.00 FLOWER ART (D) 10.45 BALANCE AND STRENGTH 1.30 BUS TRIP 1.45 DOCUMENTARY	11.00 SINGALONG (D) 11.00 EXERCISE WITH ADRIAN 1.45 MURRAY FERGUSON CONCERT			DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE