



# AUGUST 2023 ACTIVITY CALENDAR -

## Dural House

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