

AUGUST 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 9.45 Coffee Club (G) 10.45 Horse Racing Word Game (G) 1.30 Film 1.30 Scenic Bus Trip 2.15 Craft & Games (BWing) Horse's Birthday	2 10.15 Book Trolley & Crossword Delivery 10.45 Balloon Tennis (G) 1.30 Film 2.30 Concert: Juliet George	3 10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Brus Trip 2.30 Board Games & Scrabble (1st)	4 10.30 Exercises to Music (G) 10.45 Manicures & Word Games (G) 1.30 Film 2.30 Trivia (1st) 2.30 1:1 Room Visits International Beer Day	5 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	6 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
7 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Board Games (1st)	8 9.45 Coffee Club (G) 10.45 Movement to Music & Karaoke (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion	9 10.15 Reminiscing (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Concert: Keff World Indigenous Peoples Day	10 10.30 Stretches (G) 10.45 Manicures, Music & Dance (G) 1.30 Film 1.30 Scenic Brus Trip 2.30 Ten Pin Bowling (1st)	11 10.30 Exercises to Music (G) 10.45 Carpet Bowls 1.30 Film 2.30 Trivia (1st) 2.30 1:1 Room Visits	12 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	13 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
14 9.45 Coffee Club (G) 10.45 Music Therapy (G) 1.30 Movie/Documentary 2.15 Knitting & Wool Craft (G) 2.30 Men's Club (1st) RSPCA Cupcake Day	15 9.45 Armchair Travel to India Morning Tea & Quiz 1.30 Film 1.30 Scenic Bus Trip 2.15 Craft & Games (BWing) Indian Independence Day	16 10.15 Singalong (BW) 10.45 Word Games (G) 1.30 Film 2.30 Concert: Hugh	17 10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Brus Trip 2.30 Reminiscing & Trivia (1st)	18 10.30 Movement to Music (G) 10.45 Manicures & Music /Dance Videos G) 1.30 Film 2.15 Love In Action (G) 2.30 1:1 Room Visits	19 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	20 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
21 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Indoor Bocce (G) 1.30 Movie/Documentary 2.30 Concert: Ross Hamilton	22 9.45 Coffee Club (G) 10.45 Darts (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Let's Bake ! (BW)	23 10.15 Trivia Quiz (G) 10.45 Balloon Tennis (G) 1.30 Film 2.30 BINGO! (1st)	24 10.30 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Brus Trip 2.30 Word Games (1st)	25 10.30 Stretches 10.45 Poet's Corner & Manicures (G) 1.30 Film 2.30 Daffodils Art & Craft (1st) Daffodil Day	26 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	27 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game & Monthly Birthday Celebrations (G)
28 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Knitting & Wool Craft (G) 2.30 Men's Club ((1st) Hatchling Chickens Arrive!	29 9.45 Coffee Club (G) 11am Resident Meeting (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Craft & Games (BWing) *Decorating for Father's Day Hatchling Chickens	30 10.15 Reminiscing (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 BINGO! (1st) Hatchling Chickens	31 10.30 Chair Dancing (G) 10.45 Balloon Tennis (G) 1.30 Film 1.30 Scenic Brus Trip 2.30 Word Games (1st) Hatchling Chickens			DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE