

SEPTEMBER 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	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.			1 11.00 EXERCISE 11.00 FLOWER ART (D) 1.30 BUS TRIP 1.45 CARPET BOWLS	2 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	3 FATHERS DAY  11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
4 11.00 EXERCISE 11.00 SINGALONG (D) 1.45 RESIDENT'S MEETING 	5 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ONE TO ONE VISITS 1.45 PAUL LEVENTHAL CONCERT	6 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	7 11.00 EXERCISE WITH ADRIAN 11.00 SINGALONG (D) 1.45 CARPET BOWLS 	8 11.00 EXERCISE 11.00 FLOWER ART (D) 1.30 BUS TRIP 1.45 BINGO 	9 11.00 SINGALONG  1.45PM GUEST SPEAKER BETHANY CLARK FIFA WOMEN'S WORLD CUP TALK	10 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
11 11.00 EXERCISE 11.00 SINGALONG (D) 1.30 SLEEPING BEAUTY BALLET DVD	12 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ONE TO ONE VISITS 1.45 POETRY 	13 10.45 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 BUS TRIP 1.45 DOCUMENTARY	14 11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)  1.45 LEYLA CONCERT	15 10.30 BUS TRIP 10.30 CHRISTIAN SERVICE 1.45 AGELESS MOVES 1.45 FLOWER ART (D)	16 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	17 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
18 11.00 EXERCISE 11.00 SINGALONG (D)  1.45 LOUIS CONCERT	19 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ONE TO ONE VISITS 1.45 WORD GAMES	20 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	21 11.00 EXERCISE WITH ADRIAN 11.00 SINGALONG (D) 1.45 LARRY AND ROBYN CONCERT	22 11.00 EXERCISE 1.45 FLOWER ART (D)  1.30 BUS TRIP 1.45 CARPET BOWLS	23 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	24 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
25 11.00 EXERCISE 11.00 SINGALONG (D)  1.45 BALLOON TENNIS	26 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ONE TO ONE VISITS  1.45 KEFF CONCERT	27 10.45 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE 1.30 BUS TRIP 1.45 DOCUMENTARY	28 11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)  1.45 GUEST SPEAKER DAVID LYALL HISTORY OF THE MALIBU SURFBOARD 1956	29 11.00 FLOWER ART (D) 10.30 DRUMMING CIRCLE  1.30 BUS TRIP 1.45 ART WITH MARLEY	30 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	