

SEPTEMBER 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Spring has sprung</p>				 <p>"Wear Spring Colours"</p> <p>10.30 Move It or Lose It (G) 10.45 Spring Quiz (G) 1.30 Film 2.30 Concert: Murray Ferguson</p>	<p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)</p> <p>FATHER'S DAY</p>
				Hatchling Chickens	Hatchling Chickens	Hatchling Chickens
<p>4</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.30 Special : You Should Be Dancing! (G) 1.30 Movie/Documentary 2.15 Board Games</p>	<p>5</p> <p>9.45 Coffee Club (G) 10.45 "Car Wash" Spring Clean (G) 1.30 Movie Time 1.30 Bus Trip 2.30 Create & Craft (BW)</p>	<p>6</p> <p>10.15 Book Trolley & Crossword Delivery 10.45 Balloon Tennis (G) 1.30 Film 230 Bingo (1st)</p>	<p>7</p> <p>10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st)</p>	<p>8</p> <p>10.30 Exercises to Music (G) 10.45 Music DVD & Manicures (G) 1.30 Film 2.30 Word Games (1st) Last Looks & say "goodbye" to the chickens.</p>	<p>9</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>10</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)</p>
Hatchling Chickens	Hatchling Chickens	Hatchling Chickens	Hatchling Chickens	Hatchling Chickens		
<p>11</p> <p>9.45 Coffee Club (G) 9.45 Carpet Bowls (G) 10.45 Music Therapy (BWing) 1.30 Movie/Documentary 2.30 Special : Drumming Circle !</p>	<p>12</p> <p>9.45 Armchair Travel to India Morning Tea & Quiz 1.30 Film 1.30 Bus Trip 3.00 Holy Communion</p>	<p>13</p> <p>10.15 Trivia in the Garden 10.45 Word Games (G) 1.30 Film 2.30 Sing-A-Long (BW) 230 Bingo (1st)</p>	<p>14</p> <p>10.30 Morning Exercises (G) 10.45 "Tea Towel" Travel (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st)</p>	<p>15</p> <p>10.30 Movement to Music (G) 10.45 Carpet Bowls(G) 1.30 Film 2.30 Word Games (1st) 2.30 Love In Action (BWing)</p>	<p>16</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>17</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)</p>
<p>18</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Board Games</p>	<p>19</p> <p>9.45 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create & Craft (BW)</p>	<p>20</p> <p>10.15 Trivia Quiz (G) 10.45 Balloon Tennis (G) 1.30 Film 2.30 Concert: Classical Guitarist Paul</p>	<p>21</p> <p>10.30 Movement to Music (G) 10.45 BINGO (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Ten Pin Bowling (1st)</p>	<p>22</p> <p>10.30 Stretches (G) 10.45 Music DVD & Manicures (G) 1.30 Film 2.30 Word Games (1st)</p>	<p>23</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	<p>24</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)</p>
<p>25</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Men's Club 2.30 Knitting & Manicures</p>	<p>26</p> <p>9.45 Coffee Club (G) 11am Resident Meeting (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.30 Create & Craft (BW)</p>	<p>27</p> <p>10.15 Reminiscing (G) 10.45 Word Games (G) 1.30 Film 2.30 Concert: Larry & Robyn</p>	<p>28</p> <p>10.30 Morning Stretches (G) 10.45 BINGO (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st)</p>	<p>29</p> <p>10.30 Chair Dancing (G) 10.45 Music DVD & Manicures (G) 1.30 Film 2.30 Word Games (1st)</p>	<p>30</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p>	