

# OCTOBER 2023 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> 11.00 EXERCISE 11.00 SINGALONG (D)  1.45 CARPET BOWLS	<b>31</b> 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 WORD GAMES 		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.		DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>1</b> 11.00 SONGS OF PRAISE (ALL RESIDENTS)   1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
<b>2</b> 11.00 EXERCISE 11.00 SINGALONG (D)  1:45 CARPET BOWLS 	<b>3</b> 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 POETRY 	<b>4</b> 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	<b>5</b> 11.00 EXERCISE WITH ADRIAN 11.00 SINGALONG (D)  2.00 PAUL LEVENTHAL CONCERT	<b>6</b> 10:30 BUS TRIP 11.00 EXERCISE  	<b>7</b> 11.00 SINGALONG   1.45 BINGO 1.45 SINGALONG (D)	<b>8</b> 11.00 SONGS OF PRAISE (ALL RESIDENTS)   1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
<b>9</b> 11.00 SEATED YOGA 11.00 SINGALONG (D)  <b>FOOD WEEK</b> 1.30 WINE AND CHEESE TASTING EVENT	<b>10</b> 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  <b>1.45 RESIDENT MEETING</b> 	<b>11</b> 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	<b>12</b> 11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)  <b>1.45 OCTOBERFEST            CONCERT WITH            ANNETTE</b>	<b>13</b> <b>10.30 CHRISTIAN SERVICE            BARRENJOEY CHURCH</b> 11.00 FLOWER ART (D)  <b>1.45 GUEST SPEAKER            BRITTANY CLARK            FIFA WOMENS WORLD            CUP TALK</b>	<b>14</b> 11.00 FIND A WORD   1.45 BINGO 1.45 SINGALONG (D)	<b>15</b> 11.00 SONGS OF PRAISE (ALL RESIDENTS)   1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
<b>16</b> 11.00 EXERCISE 11.00 SINGALONG (D)  1.45 CARPET BOWLS	<b>17</b> 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 POETRY 	<b>18</b> 10.30 BUS TRIP 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  <b>1:45 RELATIVES MEETING</b>	<b>19</b> 11.00 EXERCISE WITH ADRIAN 11.00 SINGALONG (D)   <b>1.45 KRISTY LEE CONCERT</b>	<b>20</b> 10.30 CHRISTIAN SERVICE(D) 10.30 BUS TRIP   1.45 AGELESS MOVES 1.45 FLOWER ART (D)	<b>21</b> 11.00 SINGALONG   1.45 BINGO 1.45 SINGALONG (D)	<b>22</b> 11.00 SONGS OF PRAISE (ALL RESIDENTS)   1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
<b>23</b> 11.00 SEATED YOGA 11.00 SINGALONG (D)   1.45 ART & CRAFT	<b>24</b> 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS  <b>1.45 ROSS HAMILTON            CONCERT            BIRTHDAY CELEBRATION            CAKE</b>	<b>25</b> 10.45 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE  1.30 BUS TRIP 1.45 DOCUMENTARY 	<b>26</b> 11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)   <b>3.30 PIANO BAR            WITH JULIET</b>	<b>27</b> 11.00 FLOWER ART (D) 10.30 DRUMMING CIRCLE   1.30 BUS TRIP 1:45 BALLOON TENNIS	<b>28</b> 11.00 FIND A WORD   1.45 BINGO 1.45 SINGALONG (D)	<b>29</b> 11.00 SONGS OF PRAISE (ALL RESIDENTS)   1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)