

NOVEMBER 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	DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR	 <i>Melbourne Cup Day!</i>	 • REMEMBRANCE DAY • NOVEMBER 11th			
6	7	8	9	10	11	12
10.45 MARIA REGINA SCHOOL VISIT	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 SWEEP STAKES	10.45 BALANCE AND STRENGTH 11.00 GAMES (D)	11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)	11.00 FLOWER ART (D) 10.30 EXERCISE	10.45 REMEMBRANCE DAY SERVICE	11.00 SONGS OF PRAISE (ALL RESIDENTS)
1.45 RESIDENTS MEETING	1.45 MELBOURNE CUP	1.30 BUS TRIP 1.45 DOCUMENTARY	1.45 LEYLA CONCERT	1.30 BUS TRIP 1:45 CARPET BOWLS	1.45 BINGO 1.45 SINGALONG (D)	1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
13	14	15	16	17	18	19
11.00 EXERCISE 11.00 SINGALONG (D)	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS	10.45 BALANCE AND STRENGTH 11.00 GAMES (D)	11.00 EXERCISE WITH ADRIAN 11.00 PAMPERING (D)	10.30 CHRISTIAN SERVICE 10.30 BUS TRIP	11.00 FIND A WORD	11.00 SONGS OF PRAISE (ALL RESIDENTS)
1.45 XMAS ART AND CRAFT	1.45 WORD GAMES	1.30 BUS TRIP 1.45 DOCUMENTARY	1.45 LYRIC TRIO CONCERT	1.45 AGELESS MOVES 1.45 FLOWER ART (D)	1.45 BINGO 1.45 SINGALONG (D)	1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
20	21	22	23	24	25	26
11.00 SEATED YOGA 11.00 SINGALONG (D)	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS	10.45 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE	11.00 EXERCISE WITH ADRIAN 11.00 COOKING (D)	11.00 FLOWER ART (D) 10.30 DRUMMING CIRCLE	11.00 SINGALONG	11.00 SONGS OF PRAISE (ALL RESIDENTS)
1.45 XMAS ART AND CRAFT	1.45 POETRY 2.00 RESIDENT COMMITTEE MEETING	1.30 BUS TRIP 1.45 DOCUMENTARY	1.45 PAUL LEVENTHAL CONCERT	1.30 BUS TRIP 1:45 BALLOON TENNIS	1.45 BINGO 1.45 SINGALONG (D)	1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
27	28	29	30			
11.00 EXERCISE 11.00 SINGALONG (D)	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS	10.45 BALANCE AND STRENGTH 11.00 GAMES (D)	11.00 EXERCISE WITH ADRIAN 11.00 PAMPERING (D)			
1.45 CARPET BOWLS	1.45 CHRISTMAS TREE DECORATING	1.30 BUS TRIP 1.45 DOCUMENTARY	1.45 MURRAY FERGUSON CONCERT BIRTHDAY CELEBRATION			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.