

DECEMBER 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	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 FLOWER ART (D) 11.00 EXERCISE 1.30 BUS TRIP 1.45 CARPET BOWLS	2 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	3 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
4 11.00 SEATED YOGA 11.00 SINGALONG (D) 1.45 RESIDENT MEETING	5 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	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 COOKING (D) 1.45 LEYLA AND ROB CONCERT	8 10.30 MARIA REGINA SCHOOL VISIT 1.30 BUS TRIP 1.45 BALLOON TENNIS	9 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	10 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
11 11.00 CHRISTMAS CHURCH SERVICE (ALL RESIDENTS) 1.45 CHRISTMAS CARD MAKING 	12 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES AND QUIZ 	13 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	14 RESIDENT CHRISTMAS PARTY 12.00 CHRISTMAS LUNCH 1.45 HUGH MORAN CONCERT 	15 10.30 BUS TRIP 10.30 CHRISTIAN SERVICE 1.45 AGELESS MOVES	16 11.00 SINGALONG  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 EXERCISES 11.00 SINGALONG (D) 1.45 CARPET BOWLS	19 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	20 10.45 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	21 11.00 EXERCISE 11.00 COOKING (D) 1.45 ELVIS CONCERT	22 11.00 DRUMMING CIRCLE 11.00 FLOWER ART (D)  1.30 BUS TRIP 1.45 CHRISTMAS CAROL SINGALONG	23 9.00 HAIRDRESSERS 11.00 FIND A WORD 1.45 BINGO 1.45 SINGALONG (D)	24 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
25 CHRISTMAS DAY 11.00 CHRISTMAS REMINISCING 1.45 CAROLS IN THE DOMAIN 	26 BOXING DAY 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 TRIVIA	27 11.00 EXERCISE 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	28 11.00 EXERCISE 11.00 COOKING (D) 1.45 KEFF CONCERT BIRTHDAY CELEBRATION	29 11.00 FLOWER ART (D) 10.30 EXERCISE  1.30 BUS TRIP 1.45 BALLOON TENNIS	30 9.00 HAIRDRESSERS 11.00 SINGALONG  1.45 BINGO 1.45 SINGALONG (D)	31 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)