








DECEMBER 2023 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
10.30 Summertime Garden Gazing and Reminiscing 1.30 Film 2.30 Christmas Craft Card Making	10.30 Morning Stretches (G) 11.00 Christmas from the Heart - Stories (G) 1.30 Film 215 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Film 2.30 Happy Hour & Word Game(G)	10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)	10.30 Balloon Tennis Stretches (G) 1.30 Film 2.30 "Tea Towel & Post Card Travel" (1st)	10.30 Morning Stretches (G) 11.00 Christmas from the Heart - Stories (G) 1:30 Film 215 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) Human Right's Day
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary Set up for Xmas Luncheon	 12pm Resident Christmas Luncheon & Concert by Leyla	10.15 Christmas Carols Singalong (G) 11.30 Exercises to Music 1.30 Film 2.30 Bingo ! (1st)	10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)	10.30 Balloon Tennis Stretches (G) 1.30 Film 2.30 "Tea Towel & Post Card Travel" (1st)	10.30 Morning Stretches (G) 11.00 Christmas from the Heart - Stories (G) 1:30 Film 215 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) Human Right's Day
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Xmas Concert: Murray Ferguson	9.30 Coffee Club (G) 10.30 Wayne & Jelena singalong (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Christmas Craft (BW) 	10.15 Balloon Tennis 11.15 Stretches 1.30 Film 2.30 Bingo ! (1st)	10.30 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st)	10.30 Movement to Music (G) 10.30 Ten Pin Bowling (G) 1.30 Film 2.30 "Love In Action" (BW) 2.30 Word Games (1st)	10.30 Morning Stretches (G) 11.00 Christmas from the Heart - Stories (G) 1:30 Film 215 BINGO (1st)	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary	9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Christmas Craft (BW) 3pm Holy Communion	10.15 Christmas Carols 11.15 Chair Dancing (G) 1.30 Film 2.30 Bingo ! (1st)	10.30 Gentle Exercises (G) 10.45 Manicures (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Christmas Craft (1st)	10.30 Manicures 10.30 Carpet Bowls (G) 1.30 Film 2.30 Xmas Concert: Hugh Moran Summer Solstice	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Xmas Eve Carols Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)  Christmas Eve
12.00 Xmas Lunch 1.30 Movie Christmas Day	11.00 Watch the Start of the Sydney to Hobart Yacht Race 1.30 Movie 2.30 Games & Ice-cream Boxing Day	10.00 Book Trolley 1.30 Film  2.30 Xmas Concert: Larry & Robyn	10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st) 	10.30 Gentle Exercises 10.45 Garden Gazing & Manicures 1.30 Film 2.30 Word Games (1st)	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	10.30 Coffee Club (G) 1.30 Movie 2.30 New Year's Eve Happy Hour(G) 