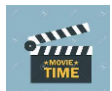


JANUARY 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 NEW YEARS DAY 11.00 SEATED YOGA 11.00 SINGALONG (D) 1.45 MURRAY FERGUSON CONCERT	2 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	3 11.00 EXERCISE 11.00 GAMES (D) 1.45 DOCUMENTARY	4 11:00 SEATED EXERCISE 11:00 COOKING (D) 1.45 CARPET BOWLS 	5 11:00 SEATED EXERCISE 11:00 PAMPERING (D) 1.30 BUS TRIP  1.45 REMINISCING	6 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	7 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
8 11.00 EXERCISES 11.00 SINGALONG (D)  1.45 RESIDENT MEETING	9 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES AND QUIZ 	10 11.00 EXERCISE 11.00 GAMES (D) 1.30 BUS TRIP  1.45 DOCUMENTARY	11 11:00 SEATED EXERCISE 11:00 SINGALONG (D) 1.45 ROSS HAMILTON CONCERT	12 11:00 SEATED EXERCISE 11:00 FLOWER ART (D)  1.30 BUS TRIP 1.45 BALLOON TENNIS	13 11.00 SINGALONG 1.45 BINGO  1.45 SINGALONG (D)	14 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
15 11.00 SEATED YOGA 11.00 SINGALONG (D) 1.45 CARPET BOWLS 	16 10.00 PET THERAPY 11.00 WALKS AND TALKS  1.45 POETRY 2.00 RESIDENT COMMITTEE MEETING	17 11.00 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY 3.30 PIANO BAR WITH JULIET	18 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D) 1.45 CHARLOTTE CONCERT	19 11:00 FLOWER ART (D)  11:00 BUS TRIP 1.45 AGELESS MOVES	20 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)	21 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
22 11.00 EXERCISES 11.00 SINGALONG (D) 1.45 ART AND CRAFT	23 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 WORD GAMES AND QUIZ 	24 11.00 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	25 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D) 1.45 AUSTRALIA DAY GAMES	26 AUSTRALIA DAY 11.00 DRUMMING 1.30 BUS TRIP  1.45 KEFF CONCERT	27 11.00 SINGALONG 1.45 BINGO  1.45 SINGALONG (D)	28 11.00 SONGS OF PRAISE (ALL RESIDENTS)  1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
29 11.00 SEATED YOGA 11.00 SINGALONG (D) 1.45 CARPET BOWLS 	30 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.45 POETRY 	31 11.00 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.45 DOCUMENTARY	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.		AUSTRALIA DAY  26th JANUARY	DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR