

# JANUARY 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Happy New Year!</b> 9.45 Coffee Club (G) 10.30 Music Therapy (G) 1.30 Movie/Documentary 2.15 New Year Party & Games (G)	<b>2</b>  9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)	<b>3</b> 10.15 Exercise to Music (G) 10.30 Ten Pin Bowling (G) 1.30 Film <b>2.30 Concert:</b> <b>Murray Ferguson</b>	<b>4</b>  10.30 Morning BINGO! (1st) 11.20 Physio Exercise (1st) 1.30 Film 1.30 Scenic Bus Trip 2.30 Reminiscing (1st)  World Braille Day	<b>5</b> 10.30 Manicures & Hand Massage & Music Videos (G) 1.30 Film 2.30 Word Games (1st)	<b>6</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) 	<b>7</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)  <b>Orthodox Christmas</b>
<b>8</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary  <b>2.30 Concert:</b> <b>ELVIS!</b> Elvis Presley's Birthday	<b>9</b> 9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)	<b>10</b> 10.15 Singalong (BW) 10.30 Garden Gazing & Summer Trivia 1.30 Film 2.30 BINGO! (1st) 	<b>11</b> 10.30 Exercise to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia (1st) 	<b>12</b> 10.30 Morning Stretches (G) 10.45 Manicures & Spa (G) 1.30 Film 2.30 Board Games (1st) 	<b>13</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)	<b>14</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)  <b>Orthodox New Year's Day</b>
<b>15</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Crafting with Wool (G) 2.30 Men's Club (HW)	<b>16</b> 9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)	<b>17</b> 10.15 Trivia (G) 10.45 Twister (G) 1.30 Film <b>2.30 Concert:</b> <b>Leyla</b>	<b>18</b> 10.30 Morning BINGO! (1st) 11.20 Exercise (1st) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Game (1st) 	<b>19</b> 10.30 Stretches to Music (G) 10.45 Manicures (G) 1.30 Film 2.30 Art & Craft: Australia Day (1st)	<b>20</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) 	<b>21</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>22</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Carpet Bowls (G) 1.30 Movie/Documentary 2.15 Cards & Board Games (1st)	<b>23</b> 9.30 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)	<b>24</b> 10.15 Book Trolley 10.30 Balloon Tennis (G) 1.30 Film  <b>2.30 Concert:</b> <b>Paul Leventhal</b> Decorate for Australia Day	<b>25</b> 10.30 Morning BINGO! (1st) 1.30 Film 1.30 Scenic Bus Trip 2.30 Arts & Crafts: Australia Day (1st) 	<b>26</b> <b>Happy Australia Day!</b> 10.30 Thong Throwing Competition! 12PM Aussi BBQ Lunch! 1.20 Film 2.30 Australian Themed Word Game (1st)	<b>27</b> 10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)  Mozart's Birthday	<b>28</b> 10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
<b>29</b> 9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary <b>2.30 Concert:</b> <b>Keff McCulloch</b>	<b>30</b> 9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)	<b>31</b> 10.15 Trivia & Wordgames(G) 1.30 Film 2.30 BINGO! (1st) 				