

FEBRUARY 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 ADRIAN'S EXERCISE 11:00 COOKING (D) 1.30 KRISTY LEE CONCERT	2 11:00 SEATED EXERCISE 11:00 FLOWER ART (D) 1.30 BUS TRIP 1.30 CARPET BOWLS	3 11.00 FIND A WORD W O R D 1.45 BINGO 1.45 SINGALONG (D)	4 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
5 11.00 MONDAY MORNING GET TOGETHER 1.30 RESIDENT MEETING	6 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 TRIVIA / WORD GAMES	7 11.00 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY	8 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D) 1.30 PAUL LEVENTHAL CONCERT	9 11:00 SEATED EXERCISE 11:00 FLOWER ART (D) 1.30 BUS TRIP 1.30 BALLOON TENNIS	10 11.00 SINGALONG 1.45 BINGO 1.45 SINGALONG (D)	11 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
12 11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS	13 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 SHROVE TUESDAY PANCAKE MAKING	14 VALENTINE'S DAY 11.00 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 LEYLA CONCERT	15 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D) 1.30 ROMANTIC POETRY	16 11.00 CHRISTIAN SERVICE 10.30 BUS TRIP 1.30 AGELESS MOVES	17 11.00 FIND A WORD W O R D 1.45 BINGO 1.45 SINGALONG (D)	18 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
19 11.00 MONDAY MORNING GET TOGETHER 1.30 ART AND CRAFT	20 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 POETRY	21 11.00 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 DOCUMENTARY	22 11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D) 1.30 HUGH MORAN CONCERT	23 10.30 DRUMMING 11:00 FLOWER ART (D) 1.30 CARPET BOWLS	24 11.00 SINGALONG 1.45 BINGO 1.45 SINGALONG (D)	25 11.00 SONGS OF PRAISE (ALL RESIDENTS) 1.00 SUNDAY MOVIE & ICECREAM TROLLEY (ALL RESIDENTS)
26 11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS	27 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 ROSS HAMILTON CONCERT	28 11.00 BALANCE AND STRENGTH 11.00 CATHOLIC SERVICE (D) 1.30 BUS TRIP 1.30 DOCUMENTARY	29 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D) 1.30 LARRY & ROBYN CONCERT			