



# FEBRUARY 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			10.30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Board/Card Games (1st) 	10.30 Exercise to Music (G) 10.45 Manicures (G) 1.30 Film 2.30 Men's Club (HW) 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 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) 
5	6	7	8	9	10	11
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Concert: Murray Ferguson 	9.30 Coffee Club (G) 10.30 SPECIAL: Inhouse Shopping! (G) 1.30 Movie Time 1.30 Scenic Bus Trip 3.00 Holy Communion Decorate for Chinese NY	10am Trivia (G) 10.45 Balloon Tennis (G) 1.30 Movie Time 2.30 Bingo! (1st) 	10.30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Board/Card Games (1st) 	10.30 Chair Dancing (G) 10.45 Manicures (G) 1.30 Film 2.30 Chinese New Year Arts & Craft Decorations (1st) Brazilian Carnival (9th-17th)	10.30 Chinese New Year Documentary & Trivia (G) 1.30 Movie 2.15 Bingo (1st) Chinese New Year 	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
12	13	14	15	16	17	18
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Word Games (1st) 	9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW) Shrove Tuesday	10.30 Garden Gazing & Trivia 12pm St Valentine's Day Luncheon  1.30 Film 2.30 Concert: Larry & Robyn	10.30 Physio Exercises (G) 10.45 Morning Bingo! (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st) 	10.30 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Men's Club (HW) 2.30 Love In Action (BW)	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) 	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G) 
19	20	21	22	23	24	25
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Sunshine Gardening Club (G) 2.30 Men's Club (HW)	9.30 Coffee Club (G) 10.45 Beach Volley Ball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW) 	10am Singalong (BW) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Concert: Paul Leventhal 	10.30 Physio Exercises (G) 10.45 Morning Bingo! (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st) 	10.30 Gentle Exercises (G) 10.45 Balloon Tennis (G) 1.30 Film 2pm Special: Drumming Circle with Carly (G)	10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st) 	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour Monthly Birthday Party (G) 
26	27	28	29			
9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.15 Sunshine Gardening Club (G) 2.30 Men's Club (HW)	9.30 Coffee Club (G) 11am Resident Meeting 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW) 	10am Book Trolley 10.45 Ball Games (G) 1.30 Film 2.30 Concert: Hugh Moran	10.30 Physio Exercises (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Board/Card Games (1st) Leap Day!			