

FEBRUARY 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Mondov	Tucodov	Modpoodov	Thursday	Eridov	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
h FE	iello, BRUARY!		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	10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour & Word Game(G)
5	6	7	8	9	10	1
.45 Coffee Club (G)	9,30 Coffee Club (G)	10am Trivia (G)	10.30 Physio Exercises (G)	10.30 Chair Dancing (G)	10.30 Chinese New Year	10,30 Songs Around
17 (3/	10.30 SPECIAL:	10.45 Balloon Tennis (G)	10.45 Carpet Bowls (G)	10.45 Manicures (G)	Documentary & Trivia (G)	The Piano (G)
0.45 Darts (G)	Inhouse Shopping! (G)	1.30 Movie Time	1.30 Film	1.30 Film	1.30 Movie	1.30 Movie
	1.30 Movie Time 1.30 Scenic Bus Trip	2.30 Bingo! (1st)	1.30 Scenic Bus Trip 2.30 Board/Card Games (1st)	2.30 Chinese New Year Arts & Craft Decorations (1st)	2.15 Bingo (1st)	2.30 Happy Hour & Word Game(G)
Q	3.00 Holy Communion	B D O G O	2.50 Board/Card Garnes (1st)	Arts & Craft Decorations (1st)	Chinese New Year	Gaine(G)
Murray Ferguson		710129 20 8		Brazillian Carnival		
	Decorate for Chinese NY			(9th-17th)		
12	13	14	15	16	17	18
.45 Coffee Club (G)		10.30 Garden Gazing &	10.30 Physio Exercises (G)	10.30 Movement to Music (G)	10.30 Morning Stretches (G)	10.30 Songs Around
17 (37	9.30 Coffee Club (G)		10.45 Morning Bingo! (G)	10.45 Carpet Bowls (G) 1.30 Film	11.00 Book Club Reading (G) 1.30 Movie	The Piano (G)
	10.45 Carpet Bowls (G) 1.30 Movie Time	12pm St Valentine's Day Luncheon	1.30 Film 1.30 Scenic Bus Trip	2.30 Men's Club (HW)		1.30 Movie 2.30 Happy Hour & Word
	1.30 Scenic Bus Trip	1.30 Film	2.30 Word Games (1st)	2.30 Love In Action (BW)		Game(G)
2	2.15 Getting Creative (BW)	2.30 Concert:	7 24 42 32 68		B (1) (1) (2) (3)	
CAYNU P	Shrove Tuesday	Larry & Robyn			5/10/29 41/6	4 6 db
19	20	21	22	23	24	25
	9.30 Coffee Club (G)	10am Singalong (BW)	10.30 Physio Exercises (G)	10.30 Gentle Exercises (G)	10.30 Morning Stretches (G)	10.30 Songs Around
0.30 Music Therapy (BWing)	10.45 Beach Volley Ball (G)	10.45 Carpet Bowls (G)	10.45 Morning Bingo! (G)	10.45 Balloon Tennis (G)	11.00 Book Club Reading (G)	The Piano (G)
	1.30 Movie Time	1.30 Film	1.30 Film	1.30 Film	1.30 Movie	1.30 Movie
	1.30 Scenic Bus Trip 2.15 Getting Creative (BW)		1.30 Scenic Bus Trip 2.30 Word Games (1st)	2pm Special: Drumming Circle		2.30 Happy Hour Monthly Birthday Party (G)
Gardening Club (G)	2.10 Getting Greative (BW)	r aur Leventriai	7 24 42 32 68	with Carly (G)	9 Z4 4Z 5Z 68	Worlding Britiday Farty (G)
.30 Men's Club (HW)	C-TYLE D	4		(1)	702	
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26	27	28	29	h 📥		
()	9.30 Coffee Club (G)	10am Book Trolley	10.30 Physio Exercises (G)			
	11am Resident Meeting 1.30 Movie Time	10.45 Ball Games (G) 1.30 Film	10.45 Carpet Bowls (G) 1.30 Film			YEAR -
	1.30 Scenic Bus Trip	2.30 Concert:	1.30 Scenic Bus Trip			OF THE
.15 Sunshine	2.15 Getting Creative (BW)	Hugh Moran	2.30 Board/Card Games (1st)			DRAGON
Gardening Club (G)			Loop David			
.30 Men's Club (HW)			Leap Day!			