


















MARCH 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	2	3
					11.00 FIND A WORD  1.15 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
4	5	6	SPRING CLEAN DAY 11:00 ADRIAN'S EXERCISE 11:00 COOKING (D)	8	9	10
11.00 MONDAY MORNING GET TOGETHER 1.30 RESIDENT MEETING	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 POETRY READING	11.00 SEATED YOGA 11.00 GAMES(D)  1:30 BUS TRIP 1:30 DOCUMENTARY	1.30 CONCERT WITH CHARLOTTE	11:00 PAMPERING (D) 11:00 EXERCISE  1:30 CARPET BOWLS 1:30 BUS TRIP	11.00 SINGALONG  1.15 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
11	MARKET DAY 9.00 HAIRDRESSER 10.00 PET THERAPY 10.00 MARKET DAY 1.30 TRIVIA / WORD GAMES	13	14	15	16	17
11.00 MONDAY MORNING GET TOGETHER 1.30 ART AND CRAFT		10:00 CAKES & COFFEE (D) 11.00 GENTLE EXERCISE  1:30 BUS TRIP 1:30 DOCUMENTARY	11:00 ADRIAN'S EXERCISE 11:00 COOKING (D) 1.30 CONCERT WITH MURRAY FERGUSON	11.00 EXERCISE 11:00 SINGALONG (D) 1:30 BUS TRIP 3:30 PIANO BAR WITH NATALYIA	11.00 FIND A WORD  1.15 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
18	19	20	HARMONY DAY 10.00 DRUMMING IN THE DOLPHIN 10:30 DRUMMING 1.30 CONCERT WITH GEOFF SUEDE	22	23	24
11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 POETRY READING 2.00 COMMITTEE MEETING	11.00 BALANCE AND STRENGTH 11.00 CATHOLIC SERVICE 1.30 BUS TRIP 1.30 DOCUMENTARY 		10:30 BUS TRIP 10:30 CHRISTIAN SERVICE  1:30 AGELESS MOVES	11.00 SINGALONG  1.15 BINGO 1.45 SINGALONG (D)	11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
25	26	27	28	GOOD FRIDAY 11:00 EXERCISE 11:00 SINGALONG (D)  1.30 BUS TRIP 1.30 BALLOON TENNIS	EASTER SATURDAY 11.00 FIND A WORD  1.15 BINGO 1.45 SINGALONG (D)	EASTER SUNDAY 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)
11.00 MONDAY MORNING GET TOGETHER 1.30 ART AND CRAFT	9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 TRIVIA / WORD GAMES 3:00 STAFF EASTER AFTERNOON TEA	11.00 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY 	11:00 CHURCH SERVICE 11:00 COOKING (D) 1.30 CONCERT WITH KEFF 2:30 END OF MONTH BIRTHDAY CELEBRATIONS			