
























# MARCH 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<p>1</p> <p>9.45 Coffee Club (G) 10.45 Bean Bag Toss (G) 1.30 Film 2.00 Men's Club (HW) 2.15 Knitter Knatter &amp; Nails (G)</p> 	<p>2</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> 	<p>3</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p> 
<p>4</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Movement to Music (G) 1.30 Movie/Documentary 2.30 Word Games (1st)</p> 	<p>5</p> <p>9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p> 	<p>6</p> <p>10.30 Gentle Exercises (G) 10.45 Balloon Tennis (G) 1.30 Film 2.30 Concert: <b>Leyla</b></p> 	<p>7</p> <p>10.30 Physio Exercises (1st) 10.45 BINGO (1st) 1.30 Film 1.30 Scenic Bus Trip 2.30 Easter Craft</p> 	<p>8</p> <p>10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Trivia (1st)</p> <p><b>International Women's Day</b></p>	<p>9</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> 	<p>10</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p> 
<p>11</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Concert: <b>Murray Ferguson</b></p> 	<p>12</p> <p>9.30 Coffee Club (G) 10.45 Beach Volleyball (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 St Patrick's Day Craft (BW) 3pm Holy Communion</p>	<p>13</p> <p>10.00 Sing-A-Long (BW) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Bingo (1st)</p>  <p>Decorate For St Patricks Day</p>	<p>14</p> <p>10.30 Physio Exercises (G) 10.45 Balloon Tennis (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Trivia &amp; Reminiscing</p> 	<p>15</p> <p>10.30 Gentle Exercises(G) 10.45 Quoits (G) 1.30 Film 2.30 Love In Action (BW) 2.00 Men's Club (HW)</p> 	<p>16</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> 	<p>17</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; St Patrick's Day Celebrations! (G) <b>St Patrick's Day</b></p>
<p>18</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Movement to Music (G) 1.30 Movie/Documentary 2.30 Word Games (1st)</p> 	<p>19</p> <p>9.30 Coffee Club (G) 10.45 Ten Pin Bowling (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p> 	<p>20</p> <p>10.30 Trivia (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 Concert: <b>Keff</b></p> 	<p>21</p> <p>10.30 Physio Exercises (1st) 10.45 Balloon Tennis (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)</p> <p><b>Harmony Day &amp; World Poetry Day</b></p>	<p>22</p> <p>10.30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film 2pm Special: <b>Drumming Circle with Carly (G)</b> **Decorate for Easter</p>	<p>23</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> 	<p>24</p> <p>10.30 Songs Around The Piano (G) 1.30 Movie 2.30 Happy Hour &amp; Word Game(G)</p> <p><b>Palm Sunday</b></p>
<p>25</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Movie/Documentary 2.30 Concert: <b>Charlotte</b></p> <p><b>Greek Independence Day</b></p>	<p>26</p> <p>9.30 Coffee Club (G) 11.00 Resident Meeting (G) 1.30 Movie Time 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p> <p><b>Purple Day</b> **Decorate for Easter</p>	<p>27</p> <p>10.00 World Harmony and Multi - Cultural Day Celebrations ! (G) 1.30 Film 2.30 BINGO ! (1st)</p> <p>**Decorate for Easter</p>	<p>28</p> <p>10.30 Physio Exercises (G) 10.45 Easter Craft (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Easter Craft (1st)</p> 	<p>29</p> <p>10.30 Gentle Exercises(G) 10.45 Easter Reminiscing &amp; Morning Tea 1.30 Film 2.30 Easter Word Games (1st)</p> <p><b>Good Friday</b></p>	<p>30</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Movie 2.15 Bingo (1st)</p> <p><b>Easter Saturday</b></p>	<p>31</p> <p>10.30 Songs Around The Piano (G) 12.00 Easter Luncheon! 1.30 Movie 2.30 Happy Hour Monthly Birthday Party (G)</p>  <p><b>Easter Sunday</b></p>