



# APRIL 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:30 Movement to Music (G)</p> <p>1.30 Film 2.30 Word Games (1st)</p> <p><b>Easter Monday</b> April Fool's Day</p>	<p>2</p> <p>9.30 Coffee Club (G) 10.45 Carpet Bowls (G) 1.30 Film 1.30 Scenic Bus Trip 2.15 Getting Creative (BW) <b>3.00 Holy Communion</b></p>	<p>3</p> <p>10:15am Singalong (Bw) 10.45 Ball Games (G) 1.30 Film</p> <p><b>2.30 Concert:</b> <b>Robyn &amp; Larry (G)</b></p>	<p>4</p> <p>10.30 Physio Exercises (G) 10.45 Ball Games (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)</p>	<p>5</p> <p>10am Exercises to Music (G) 10:45 Carpet Bowls (G) 1.30 Film <b>2pm Drumming Circle with Carly (G)</b></p>	<p>6</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Film 2.15 Bingo (1st)</p>	<p>7</p> <p>10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2.30 Happy Hour &amp; Music Appreciation (G) <b>Daylight Savings Ends!</b></p>
<p>8</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G) 1.30 Film 1:15 Bingo (1st)</p>	<p>9</p> <p>9.30 Coffee Club (G) 10.45 Word Games (G) 1.30 Film 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p>	<p>10</p> <p>10:15 Trivia &amp; Current affairs 10.45 Balloon Tennis (G) 1.30 Film</p> <p><b>2.30 Concert:</b> <b>Louis (G)</b></p>	<p>11</p> <p>10.30 Physio Exercises (G) 10.45 Ball Games (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Word Games (1st)</p>	<p>12</p> <p>10am Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 2.00 Men's Club (HW) 2:30pm Trivia (G)</p> <p>International Day of Human Space Flight</p>	<p>13</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Film 2.15 Bingo (1st) Games (G)</p>	<p>14</p> <p>10.30 Word Games (G) 1:30 Film 2.30 Happy Hour and Music Appreciation (G)</p>
<p>15</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Darts (G)</p> <p>1.30 Film 2.30 Word Games (1st)</p> <p>Titanic Remembrance Day</p>	<p>16</p> <p>9.30 Coffee Club (G) 10.45 Word Games (G) 1.30 Film 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p>	<p>17</p> <p>10.15 Trivia (G) 10.45 Carpet Bowls (G) 1.30 Film 2.30 BINGO! (1st)</p>	<p>18</p> <p>10.30 Physio Exercises (G) 10.45 Quoits (G) 1.30 Film 1.30 Scenic Bus Trip 2.30 Board &amp; Card Games (1st)</p>	<p>19</p> <p>10.15 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film</p> <p><b>2:30 LOVE IN ACTION (BW)</b> <b>2.30 Concert:</b> <b>Hugh Moran (G)</b></p>	<p>20</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Film 2.15 Bingo (1st)</p>	<p>21</p> <p>10.30 Word Games (G) 1.30 Film 2.30 Happy Hour &amp; Music Appreciation (G)</p>
<p>22</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10.45 Movement to Music (G) 1.30 Film 2.30 Word Games (1st)</p>	<p>23</p> <p>9.30 Coffee Club (G) 10.45 Balloon Tennis (G) 1.30 Film 1.30 Scenic Bus Trip 2pm CHAIR YOGA (G)</p> <p>World Book Day Decorate for Anzac Day</p>	<p>24</p> <p>10.15am Reminiscing (G) 10:35 Carpet Bowls (G)</p> <p>1.30 Film</p> <p><b>2.30 Concert:</b> <b>PAUL LAVENTHAL (G)</b></p>	<p>25</p> <p>10.45 ANZAC Day Commemoration 1.30 Film 2.30 Two - Up Game (G)</p> <p><b>ANZAC DAY</b></p>	<p>26</p> <p>10.15 Movement to Music (G) 10.45 Carpet Bowls (G) 1.30 Film 2.00 Men's Club (HW) 2.15 Bingo (1st)</p>	<p>27</p> <p>10.30 Morning Stretches (G) 11.00 Book Club Reading (G) 1.30 Film 2.15 Bingo (1st)</p>	<p>28</p> <p>10.30 Songs Around The Piano (G) 1.30 Film 1:30 Choir Practice (G) 2:30 Happy Hour and Word Games (G)</p>
<p>29</p> <p>9.45 Coffee Club (G) 10.30 Music Therapy (BWing) 10:30 Movement to Music (G)</p> <p>1.30 Film 2.30 Board Games (1st)</p>	<p>30</p> <p>9.30 Coffee Club (G) <b>11am RESIDENT MEETING</b> 1.30 Film 1.30 Scenic Bus Trip 2.15 Getting Creative (BW)</p>					