



THOMPSON
HEALTH CARE

WELLBEING SOCIAL SUPPORT PROGRAM AVALON HOUSE MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 CARPET BOWLS HAPPY HOUR MONTHLY BIRTHDAY CELEBRATIONS</p>	<p>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.</p>	<p>DAILY</p> <p>9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR</p>	<p>Shrove Tuesday</p> 	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>1</p> <p>11.00 FIND A WORD</p> <p>W₄ O₁ R₁ D₂</p> <p>1.45 BINGO 1.45 SINGALONG (D)</p>	<p>2</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>3</p> <p>9.00 HAIRDRESSING 11.00 RESIDENT /DON MEETING</p> <p>1:30 CARPET BOWLS</p> 	<p>4</p> <p>10.00 PET THERAPY 11.00 YOGA</p> <p>1.30 SHROVE TUESDAY PANCAKE MAKING</p>	<p>5</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p>  <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>6</p> <p>11:00 COOKING (D) 11:00 EXERCISE</p> <p>1:30 CONCERT ROLL WITH IT TRIO</p>	<p>7</p> <p>10:30 BUS TRIP 11.00 FLORAL ART</p>  <p>1:30 POETRY READING</p>	<p>8</p> <p>11.00 SINGALONG</p> <p>BINGO</p> <p>1.45 BINGO 1.45 SINGALONG (D)</p>	<p>9</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>10</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 ART AND CRAFT</p>	<p>11</p> <p>9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS</p> <p>1.30 TRIVIA / WORD GAMES</p> 	<p>12</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>13</p> <p>11:00 SINGALONG (D) 11:00 EXERCISE STEPHEN</p> <p>1:30 CONCERT - HUGH</p> <p>CONCERT</p>	<p>14</p> <p>10:30 BUS TRIP 11:00 EXERCISE</p>  <p>1:30 BALLOON TENNIS</p>	<p>15</p> <p>11.00 FIND A WORD</p> <p>W₄ O₁ R₁ D₂</p> <p>1.45 BINGO 1.45 SINGALONG (D)</p>	<p>16</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>17</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>ST PATRICKS DAY 1.30 KEFF CONCERT</p> 	<p>18</p> <p>9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS</p> <p>1.30 ANGLICAN SERVICE WITH PITTWATER ANGLICAN</p>	<p>19</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p>  <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>20</p> <p>11.00 COOKING (D) 11.00 EXERCISE STEPHEN</p> <p>1:30 REMINISCING</p> 	<p>21</p> <p>10:30 BUS TRIP 10:45 LOVE IN ACTION CHURCH SERVICE (D)</p> <p>1:30 AGELESS MOVES</p> 	<p>22</p> <p>11.00 SINGALONG</p> <p>BINGO</p> <p>1.45 BINGO 1.45 SINGALONG (D)</p>	<p>23</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>24</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 CARPET BOWLS</p> 	<p>25</p> <p>9.00 HAIRDRESSING 10.00 PET THERAPY 11.00 WALKS AND TALKS</p> <p>1.30 POETRY READING</p> 	<p>26</p> <p>10.30 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>27</p> <p>11.00 SINGALONG (D) 11.00 EXERCISE STEPHEN</p> <p>1:30 CONCERT ROSS HAMILTON</p>	<p>28</p> <p>10:30 BUS TRIP 11:00 FLORAL ART</p>  <p>1:00 MUSIC THERAPY (D) 1:30 DRUMMING</p>	<p>29</p> <p>11.00 FIND A WORD</p> <p>W₄ O₁ R₁ D₂</p> <p>1.45 BINGO 1.45 SINGALONG (D)</p>	<p>30</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.30 DANCE POINT STUDIO PERFORMANCE</p>