


# JULY 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 RESIDENT MEETING </p>	<p>2</p> <p>9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 TRIVIA AND WORD GAMES</p>	<p>3</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>4</p> <p>11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D)</p> <p>1.30 KRISTY LEE CONCERT</p>	<p>5</p> <p>10.30 BUS TRIP  11.00 GENTLE EXERCISE</p> <p>1.30 BALLOON TENNIS</p>	<p>6</p> <p>11.00 FIND A WORD</p> <p> W<sub>4</sub> O<sub>1</sub> R<sub>1</sub> D<sub>2</sub></p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>7</p> <p>11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>8</p> <p><b>NAIDOC WEEK</b></p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 CARPET BOWLS</p>	<p>9</p> <p>9.00 HAIRDRESSER 10.00 PET THERAPY 10.00 COFFEE AND CHAT 11.00 ROOM VISITS</p> <p>1.30 POETRY </p>	<p>10</p> <p>10.30 BALANCE AND STRENGTH 11.00 SPECIAL MORNING TEA (D)</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p> <p>3.30 NATALYIA PIANO BAR</p>	<p>11</p> <p>11:00 ADRIAN'S EXERCISE 11:00 COOKING (D)</p> <p>1.30 GREG CONCERT</p>	<p>12</p> <p>10.30 BUS TRIP  11.00 GENTLE EXERCISE</p> <p>1.30 REMINISCING</p>	<p>13</p> <p>11.00 SINGALONG</p> <p></p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>14</p> <p><b>BASTILLE DAY</b></p> <p>11.00 SONGS OF PRAISE</p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>15</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 ART AND CRAFT </p>	<p>16</p> <p>9.00 HAIRDRESSER 10.30 MARKET DAY</p> <p>1.30 TRIVIA AND WORD GAMES</p>	<p>17</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p> <p>7.00 STATE OF ORIGIN</p>	<p>18</p> <p>11:00 ADRIAN'S EXERCISE 11:00 SINGALONG (D)</p> <p>1.30 ELVIS CONCERT</p>	<p>19</p> <p>10.30 BUS TRIP  10.30 CHRISTIAN SERVICE</p> <p>1.30 AGELESS MOVES</p>	<p>20</p> <p>11.00 FIND A WORD</p> <p> W<sub>4</sub> O<sub>1</sub> R<sub>1</sub> D<sub>2</sub></p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>21</p> <p>11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>22</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 PITTWATER ANGLICAN CHURCH SERVICE</p>	<p>23</p> <p>9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 POETRY 2.00 RESIDENT COMMITTEE MEETING</p>	<p>24</p> <p>10.30 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>25</p> <p>11:00 ADRIAN'S EXERCISE 11:00 COOKING (D)</p> <p>12.00 CHRISTMAS IN JULY LUNCH</p> <p>1.30 HUGH CONCERT</p>	<p>26</p> <p><b>PARIS OLYMPICS STARTS</b></p> <p>10:00 MUSIC WITH CARLY (D) 10.30 DRUMMING</p> <p>10.30 BUS TRIP</p> <p>1.30 CARPET BOWLS</p>	<p>27</p> <p>11.00 SINGALONG</p> <p></p> <p>1.30 BINGO 1.45 SINGALONG (D)</p>	<p>28</p> <p>11.00 SONGS OF PRAISE </p> <p>1.00 SUNDAY MOVIE &amp; ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>29</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1.30 CARPET BOWLS 3.30 RESIDENT BIRTHDAY CELEBRATION</p>	<p>30</p> <p>9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS</p> <p>1.30 TRIVIA AND WORD GAMES</p>	<p>31</p> <p>10.30 BALANCE AND STRENGTH 11.00 GAMES (D)</p> <p>1.30 BUS TRIP 1.30 DOCUMENTARY</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></p> <p><b>MARKET DAY</b></p>	<p></p> <p><b>PARIS 2024</b></p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>