



# FEBRUARY 2025 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>						
					<b>1</b>	<b>2</b>
					10:30 Morning Stretches (G) 10:45 Carpet Bowls (G)  1:30 Film  2:30 BINGO (G)	10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Word Games (G) <b>GROUNDHOG DAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:30 Coffee Club (G) 10:45 Movement to Music (G)  1:30 Film  2:30 Trivia & Quiz (G)	9:45 Coffee Club (G) 10:45 Darts (G)  1:30 Film  <b>3pm HOLY COMMUNION</b>	<b>10:15 BUS TRIP</b> 10:45 Carpet Bowls (G)  1:30 Film <b>2:30pm CONCERT: KEFF (G)</b>	10:30 Physio Exercises (G) 10:45 Book Club (G)  1:30 Film  2:30 Valentine's Day Arts & Crafts	10:45 Carpet Bowls (G)  1:30 Film <b>1:30 BUS TRIP</b> 2:30 Trivia (G)	10:30 Morning Stretches (G) 10:45 Darts (G)  1:30 Film 2:30 BINGO (G)	10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Word Games (G)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:30 Coffee Club (G) 10:45 Ukelele (G)  1:30 Film  2:30 Trivia & Quiz (G)	9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1:30 Film  2:30 Card & Board Games (G)	<b>10:15 BUS TRIP</b> 10:45 Balloon Tennis (G) 1:30 Film  <b>2:30pm CONCERT: LEYLA (G)</b>	10:30 Physio Exercises (G) <b>10:45 PITTWATER ANGLICAN WORSHIP SERVICE (G)</b> 1:30 Film 2:30 BINGO (G)  Decorating: St Valentine's <b>WORLD RADIO DAY</b>	10:45 Darts (G)  1:30 Film <b>1:30 BUS TRIP</b>  2:30 Reminiscing (G)  <b>ST VALENTINES DAY</b>	10:30 Morning Stretches (G) 10:45 Carpet Bowls (G)  1:30 Film  2:30 BINGO (G)	10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Word Games (G)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:30 Coffee Club (G) 10:45 Music therapy (G)  1:30 Film <b>2:30pm CONCERT: HUGH PERFORMS (G)</b>	9:45 Pancake Tuesday (G) 10:45 Balloon Tennis (G)  1:30 Film  2:30 Men's Club (HW)	<b>MOVING DAY</b>  1:30 Film	10:30 Physio Exercises (G) 10:45 Balloon Tennis (G) 1:30 Film  2:30 Word Games (G)	10:45 Carpet Bowls (G)  1:30 Film  <b>1:30 BUS TRIP</b> 2:30 Trivia (G)	10:30 Morning Stretches (G) 10:45 Darts (G)  1:30 Film  2:30 BINGO (G)  <b>LORD BADEN POWELLS BIRTHDAY</b>	10:30  1:30 Film  2:30 Word Games (G)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
9:30 Coffee Club (G) 10:45 Movement to Music (G)  1:30 Film  2:30 Trivia and Quiz (G)	9:45 Coffee Club (G) 10:45 Darts (G)  1:30 Film 2:30 Card & Board Games (G)	<b>10:15 BUS TRIP</b> 10:45 Ball & Target Games (G) 1:30 Film  2:30 BINGO (G)	10:30 Physio Exercises (G) 10:30 Trivia (G) 1:30 Film  2:30 Autumn Arts & Crafts (G)	10:30 Drumming Circle with Carly (G) <b>1:30 BUS TRIP</b> 2:30 Card & Board Games (G)  <b>LAST DAY OF SUMMER</b>		