



THOMPSON
HEALTH CARE

JANUARY 2025 ACTIVITY CALENDAR - AVALON HOUSE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|---|---|
| | DAILY | NEW YEARS DAY | | | | |
| Happy New Year! | 9.00-10.30 NEWSPAPER/MAIL DELIVERY MENU DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR | 11.00 SEATED YOGA 11.00 GAMES (D) 1.30 ROD STEWART CONCERT DVD | 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1.30 KRISTY LEE CONCERT CONCERT | 2 11.00 SINGALONG 11.00 COOKING (D) 1.30 BALLOON TENNIS | 3 11.00 FIND A WORD W₄ O₁ R₁ D₂ 1.30 BINGO 1.45 SINGALONG (D) | 4 11.00 SONGS OF PRAISE 1.00 SUNDAY MOVIE & ICE CREAM TROLLEY |
| 6 11.00 RESIDENT/ DON MEETING 1.30 CARPET BOWLS | 7 10.00 DOG PET THERAPY 11.00 KITTEN PET THERAPY 1.30 TRIVIA | 8 11.00 GENTLE EXERCISE 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY | 9 11:00 COOKING (D) 11:00 EXERCISE WITH STEPHEN 1.30 ELVIS CONCERT CONCERT | 10 10.30 BUS TRIP 11.00 GENTLE EXERCISE 1.30 CARPET BOWLS | 11 11.00 SINGALONG 1.30 BINGO 1.45 SINGALONG (D) | 12 11.00 SONGS OF PRAISE 1.00 SUNDAY MOVIE & ICE CREAM TROLLEY |
| 13 11.00 MONDAY MORNING GET TOGETHER 1.30 ART AND CRAFT | 14 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 CLEOPATRA CONCERT CONCERT | 15 11.00 SEATED YOGA 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY | 16 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1.30 FLORAL ART | 17 10.30 BUS TRIP 11:00 POETRY 1.30 AGELESS MOVES | 18 11.00 FIND A WORD 1.30 BINGO 1.45 SINGALONG (D) | 19 11.00 SONGS OF PRAISE 1.00 SUNDAY MOVIE & ICE CREAM TROLLEY |
| 20 11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS | 21 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 POETRY | 22 10.30 BALANCE AND STRENGTH 11:00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY | 23 11:00 COOKING (D) 11:00 EXERCISE WITH STEPHEN 1.30 ROSS HAMILTON CONCERT CONCERT | 24 10.30 BUS TRIP 11:00 GENTLE EXERCISE 1.30 BALLOON TENNIS | 25 11.00 SINGALONG 1.30 BINGO 1.45 SINGALONG (D) | AUSTRALIA DAY 11.00 SONGS OF PRAISE 1.00 SUNDAY MOVIE & ICE CREAM TROLLEY |
| AUSTRALIA DAY CELEBRATION | 28 | 29 | 30 | 31 | <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>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p> | |
| 11.00 MONDAY MORNING GET TOGETHER 1.30 MURRAY FERGUSON CONCERT CONCERT | 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 ROOM VISITS 1.30 TRIVIA | 10.30 BALANCE AND STRENGTH 11:00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY | 11:00 SINGALONG (D) 11:00 EXERCISE WITH STEPHEN 1.30 CARPET BOWLS | 10.30 BUS TRIP 11:00 FLORAL ART 1:00 MUSIC THERAPY (D) 1:30 DRUMMING | | |