



# JULY 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 (BW) 10:45 Darts (G) 1.30 Film <b>2:30 CONCERT HUGH PERFORMS</b></p>	<p>2</p> <p>9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1.30 Film 2:15 Card and Board Games <b>3pm HOLY COMMUNION</b></p>	<p>3</p> <p><b>10:15am BUS TRIP</b> 10.45 Trivia &amp; reminiscing (G) 1.30 Film 2:30pm BINGO (1st)</p>	<p>4</p> <p>10:30 Physio Exercises (G) 10:45 Carpet Bowls (G) 1.30 Film  2:30 Trivia: 4th July (G) <b>INDEPENDENCE DAY USA</b></p>	<p>5</p> <p>10:30 Stretches (G) 10:45 Quoits (G)  1.30 Film <b>1:30 BUS TRIP</b> 2:30 Word Games (G)</p>	<p>6</p> <p>10:30 Exercises to Music (G) 10:45 Balloon tennis 1.30 Film 2:15 BINGO (1st)</p>	<p>7</p> <p>10.30 Songs Around The Piano (G) 1.30 Film 1:45 Choir Practice (G) 2.30 Happy Hour &amp; Word Games (G)</p>
<p>8</p> <p>9:45 Coffee Club (G) 10:30 Music therapy (BW) 10:45 Balloon Tennis (G) 1.30 Film 2:30 Card &amp; Board Games (1st)</p>	<p>9</p> <p>9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Men's Club (HW) 2:30 Knitting &amp; Wool Craft (G)</p>	<p>10</p> <p><b>10:15am BUS TRIP</b> 10.45 Carpet Bowls (G) 1.30 Film  <b>2:30 CONCERT LEYLA PERFORMS (G)</b></p>	<p>11</p> <p>10:30 Physio Exercises (G) 10:45 Quoits (G) 1.30 Film 2:30 BINGO (1st)</p>	<p>12</p> <p>10:30 Gentle Exercises (G) 10:45 Book Club (G) 1.30 Film  <b>1:30 BUS TRIP</b> 2:30 Arts and Crafts</p>	<p>13</p> <p>10:30 Exercises to Music (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (1st)</p>	<p>14</p> <p>10.30 Songs around (G) The Piano 1.30 Film 1:45 Choir Practice (G) 2.30 Happy Hour <b>BASTILLE DAY NAIDOC WEEK BEGINS</b></p>
<p>15</p> <p>9:45 Coffee Club (G) 10:30 Music therapy (BW) 10:45 Darts (G) 1.30 Film <b>2:30 CONCERT MURRAY PERFORMS (G)</b></p>	<p>16</p> <p>9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Card &amp; Board Games (1st)</p>	<p>17</p> <p><b>10:15am BUS TRIP</b> 10.45 Balloon Tennis (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 2:30 Trivia</p>	<p>19</p> <p>10:30 Chair Dancing (G) 10.45 Carpet Bowls (G) 1.30 Film <b>1:30 BUS TRIP</b> <b>2pm LOVE IN ACTION (BW)</b> 2:30 Word Games (G)</p>	<p>20</p> <p>10:30 Exercises to Music (G) 10:45 Balloon tennis 1.30 Film 2:15 BINGO (1st)</p>	<p>21</p> <p>10.30 Songs Around The Piano (G) 1.30 Film 1:45 Choir Practice (G) 2.30 Happy Hour</p>
<p>22</p> <p>9:45 Coffee Club (G) 10:30 Music therapy (BW) 10:45 Twister (G) 1.30 Film  <b>2:30pm CONCERT: DUET WITH LOVE PEFORMS</b></p>	<p>23</p> <p>9:45 Coffee Club (G) 10:45 Darts (G) 1.30 Film  2:30 Men's Club (HW) 2:30 Knitting and Wool Craft (G)</p>	<p>24</p> <p><b>XMAS IN JULY</b>  <b>LUNCHEON</b> 1.30 Film  <b>2:30pm CAROLS SINGALONG AROUND THE PIANO (G)</b></p>	<p>24</p> <p>10:30 Physio Exercises (G) 10:45 Balloon Tennis (G) 1.30 Film  2:30 Card and Board Games (1st)</p>	<p>26</p> <p>10:30 Chair Exercises (G) 10:45 Book club Olympics(G) 1.30 Film <b>1:30 BUS TRIP</b> <b>2pm DRUM CIRCLE with CARLY (G)</b>  <b>PARIS OLYMPICS 2024 BEGIN</b></p>	<p>27</p> <p>10:30 Exercises to Music (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (1st)</p>	<p>28</p> <p>10.30 Songs Around The Piano (G) 1.30 Film 1:45 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 (BW) 10:45 Carpet Bowls (G)  1.30 Film 2:30 Card &amp; Board Games (G)</p>	<p>30</p> <p>9:45 Coffee Club (G) <b>11am RESIDENT MEETING (G)</b>  1.30 Film <b>2:30 CONCERT : KEFF PERFORMS (G)</b></p>	<p>31</p> <p><b>10:15am BUS TRIP</b> 10:45 Trivia &amp; Reminiscing  1.30 Film 2:30 Barrenjoey Time 2:30 BINGO (1st)</p>				