



DECEMBER 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 10.30 Songs Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Trivia (1st) FIRST DAY OF SUMMER
2 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:30 Movement to Music (G) 1.30 Film 2:30 Xmas Baking (BW)	3 9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Card & Board Games (1) 3pm HOLY COMMUNION	4 10:15 BUS TRIP 10:45 Balloon Tennis (G) 1.30 Film 2:30 CONCERT KEFF (G) 2:45 Crossword Delivery	5 10:30 Physio Exercises 10:45 Xmas Stories (G) 1.30 Film 10:45 Xmas Crafts & Decorations (G) INT VOLUNTEER DAY	6 10:30 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2:30pm Trivia (G)	7 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (G) INT. CIVIL AVIATION DAY	8 10.30 Xmas Carols Around The Piano (G) 1:30 Film 2pm Choir Practice (G) 2.30 Word Games (G)
9 10am Market Day 10:30 Music Therapy (BW) 1.30 Film 2pm Xmas Decorating Craft (1st)	10 9:45 Coffee Club (G) 10:45 Darts (G) 1.30 Film 2:30 Bingo (G) Xmas Luncheon set up	11 RESIDENT'S XMAS LUNCH 1.30 Film 1:15 CONCERT ROLL WITH IT PERFORM (G)	12 10:30 Physio Exercises 10:45 PITTWATER WORSHIP 1.30 Film 2:15 BINGO (G)	13 10:30 Gentle Exercises (G) 10:45 Darts (G) 1.30 Film 1:30 BUS TRIP 2:30 Word Games (G)	14 10:30 Morning Stretches (G) 10:30 Carpet Bowls (G) 1.30 Film 2:15 BINGO (G)	15 10.30 Xmas Carols Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Trivia (G)
16 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:30 Words Games (G) 1.30 Film 2:30 CONCERT LOUIS (G)	17 9:45 Coffee Club (G) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Men's Club (G)	18 10:15 BUS TRIP 10:45 Balloon Tennis (G) 1.30 Film 2:15 BINGO (G) 2:45 Crossword Delivery	19 10:30 Physio Exercises 10:45 BOOK CLUB (G) 1.30 Film 2:30 Arts & Crafts	20 10:45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2:30 LOVE IN ACTION (BW)	21 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (G)	22 10.30 Xmas Carols Around The Piano (G) 1.30 Film 2pm Choir Practice (G) 2.30 Word Games (G)
23 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 1.30 Film 2pm Floor Scrabble (G)	24 CHRISTMAS EVE 9:45 Coffee Club (G) 10:45 Darts (G) 1.30 Film 2:15 Pass the Parcel	25 CHRISTMAS DAY 10:30 Xmas Stories XMAS DAY LUNCH 1.30 Film 2:30 Xmas Quiz	26 BOXING DAY 10:45 Carpet Bowls (G) 1.30 Film 2:30 Word Games (G)	27 10:45 CARLY DRUMMING CIRCLE 1.30 Film 2:30 Board and Word Games (G)	28 10:30 Morning Stretches (G) 10:45 Balloon Tennis (G) 1.30 Film 2:15 BINGO (1st)	29 10:30 Exercises 1.30 Film 2.30 Happy Hour (G)
30 9:45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Movement to Music (G) 1.30 Film 2:30 CONCERT HUGH PERFORMS (G)	31 NEW YEAR'S EVE 1.30 Film 2pm NEW YEARS EVE PARTY					

