




















SEPTEMBER 2024 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 ART AND CRAFT</p> 	<p>DAILY</p> <p>9.00-10.30AM NEWSPAPER / MAIL DELIVERY</p> <p>ROOM VISITS</p> <p>COFFEE CLUB</p> <p>3.45-4.45 HAPPY HOUR</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>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p>HELLO Spring</p> 	<p>HAPPY FATHER'S DAY</p>	<p>FATHER'S DAY 1</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>2</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>11:00 BALLOON TENNIS</p>	<p>3</p> <p>9.00 HAIRDRESSER</p> <p>10.00 PET THERAPY</p> <p>11.00 ROOM VISITS</p> <p>1:30 ART AND CRAFT</p> 	<p>4</p> <p>10.30 BALANCE AND STRENGTH</p> <p>11.00 GAMES (D)</p>  <p>1:30 BUS TRIP</p> <p>1.30 DOCUMENTARY</p>	<p>5</p> <p>11:00 SINGALONG (D)</p> <p>11:00 PHYSIO EXERCISE</p> <p>1:30 CONCERT HUGH MORAN</p>	<p>6</p> <p>10.30 BUS TRIP</p>  <p>11.00 GENTLE EXERCISE</p> <p>1:30 CARPET BOWLS</p> <p>5:00 PIZZA NIGHT</p>	<p>7</p> <p>11.00 SINGALONG</p>  <p>1.30 BINGO</p> <p>1.45 SINGALONG (D)</p>	<p>8</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.30 DANCE TROUPE</p> <p>ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>9</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 RESIDENT MEETING</p> 	<p>10</p> <p>9.00 HAIRDRESSER</p> <p>10.00 PET THERAPY</p> <p>11.00 ROOM VISITS</p> <p>1:30 GUEST SPEAKER SHERIDAN - YARN ART</p>	<p>11</p> <p>10.30 BALANCE AND STRENGTH</p> <p>11:00 SPECIAL MORNING TEA (D)</p>  <p>1:30 BUS TRIP</p> <p>1.30 DOCUMENTARY</p>	<p>12</p> <p>11:00 R U OKAY DAY STAFF AND RESIDENT MORNING TEA</p>  <p>1:30 CONCERT ROSS HAMILTON</p>	<p>13</p> <p>10.30 BUS TRIP</p> <p>11.00 GENTLE EXERCISE</p> <p>3:30 PIANO BAR - JULIET</p> 	<p>14</p> <p>11.00 FIND A WORD</p>  <p>1.30 BINGO</p> <p>1.45 SINGALONG (D)</p>	<p>15</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>16</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 ANGLICAN CHURCH SERVICE</p> 	<p>17</p> <p>9.00 HAIRDRESSER</p> <p>10.00 PET THERAPY</p> <p>11.00 ROOM VISITS</p> <p>1:30 POETRY READING</p> 	<p>18</p> <p>10.30 BALANCE AND STRENGTH</p> <p>11:00 GAMES (D)</p>  <p>1.30 BUS TRIP</p> <p>1.30 DOCUMENTARY</p>	<p>19</p> <p>11:00 SINGALONG (D)</p> <p>11:00 PHYSIO EXERCISE</p> <p>1:30 CONCERT ROLL WITH IT TRIO</p>	<p>20</p> <p>10:30 BUS TRIP</p> <p>10.45 CHRISTIAN SERVICE</p> <p>1:30 AGELESS MOVES</p> 	<p>21</p> <p>11.00 SINGALONG</p>  <p>1.30 BINGO</p> <p>1.45 SINGALONG (D)</p>	<p>22</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>23</p> <p>11.00 MONDAY MORNING GET TOGETHER</p> <p>1:30 CARPET BOWLS</p> 	<p>24</p> <p>9.00 HAIRDRESSER</p> <p>10.00 PET THERAPY</p> <p>11.00 ROOM VISITS</p> <p>1:30 TRIVIA</p> 	<p>EYE CLINIC 25</p>  <p>10.30 BALANCE AND STRENGTH</p> <p>11:00 CATHOLIC SERVICE</p> <p>1.30 BUS TRIP</p> <p>1.30 DOCUMENTARY</p>	<p>26</p> <p>11:00 COOKING (D)</p> <p>11:00 PHYSIO EXERCISE</p> <p>1:30 CONCERT - KEFF</p>	<p>27</p> <p>10.30 BUS TRIP</p> <p>11.00 GENTLE EXERCISE</p> <p>1:00 MUSIC THERAPY (D)</p> <p>1:30 DRUMMING</p>	<p>28</p> <p>11.00 FIND A WORD</p>  <p>1.30 BINGO</p> <p>1.45 SINGALONG (D)</p>	<p>29</p> <p>11.00 SONGS OF PRAISE</p>  <p>1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>