

FEBRUARY 2025 ACTIVITY CALENDAR - AVALON HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>DAILY 9.00-10.30AM NEWSPAPER / MAIL DELIVERY ROOM VISITS COFFEE CLUB 3.45-4.45 HAPPY HOUR</p>	<p>HAPPY Valentine's Day</p>		<p>YOU CAN always MAKE ME smile</p> 	<p>11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)</p>	<p>11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>3 11.00 RESIDENT MEETING 1.30 JUICE MAKING </p>	<p>4 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 POETRY </p>	<p>5 10.30 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>6 11:00 EXERCISE WITH STEPHEN 11:00 COOKING (D) 1.30 PAUL LEVENTHAL CONCERT </p>	<p>7 10.30 BUS TRIP 11.00 GENTLE EXERCISES 1.30 BALLOON TENNIS</p>	<p>8 11.00 SINGALONG 1.45 BINGO  1.45 SINGALONG (D)</p>	<p>9 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>10 11.00 MONDAY MORNING GET TOGETHER 1.30 ART AND CRAFT</p>	<p>11 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 TRIVIA / WORD GAMES</p>	<p>12 10.30 BALANCE AND STRENGTH 11.00 GAMES (D) 1.30 BUS TRIP 1.30 DOCUMENTARY 3.30 PIANO BAR</p>	<p>13 11:00 EXERCISE WITH STEPHEN 11:00 SINGALONG (D) 1.30 CARPET BOWLS</p>	<p>VALENTINE'S DAY 10.30 BUS TRIP 11.00 GENTLE EXERCISES 1.30 LEYLA CONCERT 2.30 HIGH TEA </p>	<p>15 11.00 FIND A WORD  1.45 BINGO 1.45 SINGALONG (D)</p>	<p>16 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>17 11.00 MONDAY MORNING GET TOGETHER 1.30 PITTWATER ANGLICAN CHURCH </p>	<p>18 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 POETRY </p>	<p>19 10.30 BALANCE AND STRENGTH 11.00 GAMES (D)  1.30 BUS TRIP 1.30 DOCUMENTARY</p>	<p>20 11:00 EXERCISE WITH STEPHEN 11:00 COOKING (D) 1.30 GREG MCCOSTER CONCERT </p>	<p>21 10.30 BUS TRIP 11.00 LOVE IN ACTION (D) 11.00 FLOWER ART 1.30 AGELESS MOVES </p>	<p>22 11.00 SINGALONG 1.45 BINGO  1.45 SINGALONG (D)</p>	<p>23 11.00 SONGS OF PRAISE  1.00 SUNDAY MOVIE & ICE CREAM TROLLEY (ALL RESIDENTS)</p>
<p>24 11.00 MONDAY MORNING GET TOGETHER 1.30 CARPET BOWLS</p>	<p>25 9.00 HAIRDRESSER 10.00 PET THERAPY 11.00 WALKS AND TALKS 1.30 RODERIC CONCERT </p>	<p>26 10.30 BALANCE AND STRENGTH 10.45 CATHOLIC SERVICE 1.30 BUS TRIP 1.30 DOCUMENTARY </p>	<p>27 11:00 EXERCISE WITH STEPHEN 11:00 SINGALONG (D) 1.30 BALLOON TENNIS</p>	<p>28 10.30 BUS TRIP 11.00 FLOWER ART 1.00 DRUMMING (D) 1.30 DRUMMING</p>		<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>