



THOMPSON  
HEALTH CARE

# JANUARY 2025 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		1 10:30 Chair Dancing (G) 10:45 Balloon tennis (G)  1:30 Film 2:30 New Year's Reminiscing with Ice Creams (G)  <b>NEW YEAR'S DAY</b>	2 10:30 Physio Exercises (G) 10:45 Carpet Bowls (G)  1:30 Film  2:30 BINGO (G)	3 10:30 Exercises to Music (G) 10:45 Ten Pin Bowling (G)  1:30 Film  2:30 Card & Board Games (G)	4 10:30 Morning Stretches (G) 10:45 Darts (G)  1:30 Film  2:30 BINGO (G)	5 10:30 Music Appreciation (G)  1:30 Film  2:30 Word Games (G)
6 9:45 Coffee Club (G) 10:45 Movement to Music (G)  1:30 Film 2:15 Brain Teasers (1st)	7 9:45 Coffee Club (G) 10:45 Darts (G)  1:30 Film 2:30 BINGO (G)	8 <b>10:30 BUS TRIP</b> 10:45 Carpet Bowls (G)  1:30 Film <b>2:30 CONCERT LARRY &amp; ROBYN PERFORM (G)</b> <b>ELVIS'S BIRTHDAY</b>	9 <b>10:45 PITTWATER ANGLICAN WORSHIP SERVICE (G)</b> 1:30 Film  2:30pm Memory Games(G)	10 10:30 Exercises (G) 10:45 Quoits (G)  1:30 Film <b>1:30 BUS TRIP</b> 2:30 Word Games (G)	11 10:30 Morning Stretches (G) 10:45 Balloon tennis (G)  1:30 Film 2:30 BINGO (G)	12 10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Happy Hour (G) <b>AUSTRALIAN OPEN BEGINS</b>
13 9:45 Coffee Club (G) 10:30 Trivia (G)  1:30 Film  2:30 Bean Bag toss (G)	14 9:45 Coffee Club (G) 10:45 Carpet Bowls (G)  1:30 Film 2:30 Card & Board Games (G)	15 <b>10:30 BUS TRIP</b> 10:45 Balloon tennis (G) 1:30 Film  2:30 BINGO (G)	16 10:30 Physio Exercises (G) 10:45 Book Club & Poems(G)  1:30 Film 2:30 Australia Day Arts & Crafts (G)	17 10:30 Stretches (G) 10:45 Darts (G)  1:30 Film <b>1:30 BUS TRIP</b> <b>2:30 LOVE IN ACTION PRAYER AND HYMN GROUP</b>	18 10:30 Morning Stretches (G) 10:45 Carpet Bowls (G)  1:30 Film 2:30 BINGO (G)	19 10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Word Games (G) <b>INT. FLOWER DAY</b>
20 9:45 Coffee Club (G) 1-:45 Beach Volleyball (G)  1:30 Film <b>2:30 CONCERT: MURRAY PERFORMS (G)</b>	21 9:45 Coffee Club (G) 10:45 Darts (G)  1:30 Film 2:30 MEN'S CLUB (HW)	22 <b>10:30 BUS TRIP</b> 10:45 Carpet Bowls (G)  1:30 Film  2:30 BINGO (G)	23 10:30 Physio Exercises (G) 10:45 Balloon tennis (G)  1:30 Film  2:30 Australia Day Arts & Crafts (G)	24 <b>10:45 DRUMMING CIRCLE with CARLY (G)</b>  1:30 Film  <b>1:30 BUS TRIP</b> 2:30 Card & Board Games (G)	25 10:30 Morning Stretches (G) 10:45 Darts (G)  1:30 Film 2:30 BINGO (G) <b>ROBERT BURNS DAY</b>	26 10.30 Singalong Around The Piano (G)  1:30 Film  2:30 Happy Hour (G) <b>AUSTRALIA DAY</b>
27 9:45 Coffee Club (G) 10:45 Ball Toss (G)  1:30 Film 2:15 Race Around Australia Quiz Game (G)	28 9:45 Coffee Club (G) 10:45 Carpet Bowls (G)  1:30 Film <b>2:30 CONCERT: PAUL CLASSICAL GUITAR (G)</b>	29 <b>10:30 BUS TRIP</b> 10:45 Quoits (G) 1:30 Film  2:30 BINGO (G)  <b>LUNAR NEW YEAR :Snake</b>	30 10:30 Physio Exercises (G) 10:45 Book Club (G)  1:30 Film  2:30 Putt Putt Golf (G)	31		