



SEPTEMBER 2024 ACTIVITY CALENDAR - MONA VALE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 FATHER'S DAY 10.30 Songs Around The Piano (G) FATHER'S DAY LUNCHEON 1.30 Film 2:30 Word Games(G)
2 9.45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Darts (G) 1.30 Film 2.15 Spring Time Flower Craft (1st)	3 9.45 Coffee Club (G) 10:30 Balloon Tennis (BW) 1.30 Film 2:15 Board Games (1st) 3pm HOLY COMMUNION	4 10:15 BUS TRIP 10:45 Carpet Bowls (G) 1.30 Film 2:30 CONCERT LEYLA PERFORMS (G)	5 10:30 Physio Exercises (G) 10:45 Spring Book Club (G) 1.30 Film 2:30 BINGO (1st)	6 10:30 Chair Dancing (G) 10:45 Quoits (G) 1.30 Film 1:30 BUS TRIP 2:30 Spring Trivia (G)	7 10:30 Morning Stretches (G) 10:45 Carpet Bowls (G) 1.30 Film 2:15 BINGO (1st)	8 10.30 Songs Around The Piano (G) 1:30 Film 2.30 Happy Hour (G)
9 9.45 Coffee Club (G) 10:30 Music Therapy (BW) 10:45 Darts (G) 1.30 Film 2:30pm CONCERT MURRAY PERFORMS	10 9.45 Coffee Club (G) 10.30 Morning Yogo Stretches & Breathing session (G) 1.30 Film 2.15 BINGO! (1st)	11 10:15 BUS TRIP 10:30 Target Games (G) 1.30 Film 2.30 CONCERT Larry & Robyn (G) "Teddy Bear Picnic Special"	12 10:30 Physio Exercises (G) 10:45 Carpet Bowls (G) 11 Pittwater church service 1.30 Film 2:30 Board & Card games (G) RU OK? DAY	13 10:30 Movement to Music (G) 10:30 Balloon Tennis (BW) 1.30 Film 1:30 BUS TRIP	14 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (1st)	15 10.30 Songs Around The Piano (G) 1.30 Film 2.30 Happy Hour (G)
16 10.30 Music Therapy (BW) 10.30 Darts (G) 1.30 Film 2.30 Word Games (G) HATCHLING CHICKS ARRIVE	17 10:45 Balloon Tennis (G) 1.30 Film 2:30pm Board Games (1st)	18 10:15 BUS TRIP 10:45 Ball Games (G) 1.30 Film 2:30 CONCERT KEFF PERFORMS (G)	19 10:30 Physio Exercises (G) 10:45 Book Club (G) 1.30 Film 2:15 BINGO (1st)	20 10:30 Gentle Exercises 10:45 Carpet Bowls (G) 1.30 Film 1:30 BUS TRIP 2pm LOVE IN ACTION GROUP (G)	21 10:30 Morning Stretches (G) 10:45 Balloon tennis (G) 1.30 Film 2:15 BINGO (1st) OKTOBERFEST INTERNATIONAL PEACE DAY	22 10.30 Songs Around The Piano (G) 1.30 Film 2.30 Happy Hour (G)
23 9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.30 Carpet Bowls (G) 1.30 Film 2:30pm HUGH PERFORMS (G)	24 9.45 Coffee Club (G) 11am RESIDENT MEETING (G) 1.30 Film 2.15 Knitting & Craft Club 2:30 Men's Club (HW) 2.15 Knitting & Craft Club (G)	25 10:15 BUS TRIP 10:45 Trivia (G) 1.30 Film 2:15 BINGO (1st) 2:30 Crossword Delivery	26 10:30 Physio Exercises (G) 10:45 Carpet Bowls (G) 1.30 Film 2:30 Reminiscing "Those were the Days"	27 10:30 Movement to Music (G) 10:45 Quoits (G) 1.30 Film 1:30 BUS TRIP 2pm CARLY DRUMMING CIRCLE	28 10:30 Morning Stretches (G) 10:45 Darts (G) 1.30 Film 2:15 BINGO (1st)	29 10.30 Songs Around The Piano (G) 1.30 Film 2.30 Happy Hour &
30 9.45 Coffee Club (G) 10.30 Music Therapy (BW) 10.30 Carpet Bowls (G) 1.30 Film 2.15 Pass the Parcel Games (G) WORLD MARITIME DAY						

