

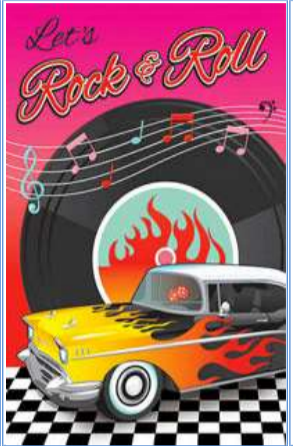




MV Activities Program

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>1</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>10:30am: Chapel Service w/ Angus + Catherine W</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>2pm: Outdoor Sensory Garden Group in Avoca Gardens</p>	<p>2</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Men's 'Fella'ship' Group w/ David</p> <p>1pm - 4pm: Motiview</p> <p>1:30pm: Happy Hour + Clarinet w/ Adrienne</p>	<p>3</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>	<p>4 FATHER'S DAY</p> <p>9:30am: Bus Outing - Father's Day BBQ Fundraiser at Bunnings</p> <p>10am: Sunday Morning Coffee Club w/ Wendy</p> 
<p>5</p> <p>10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Bocce Spider-Bowls in Meryla Lounge</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Darts in Wingello Lounge</p>	<p>6</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Hoy (Card-Bingo)</p> <p>1pm - 4pm: Motiview w/ Tony W in Gym</p> <p>1:30pm: Carpet Bowls in Chapel</p>	<p>7 ROCK N ROLL THEMED RESIDENTS MEETING</p> <p>10am: Resident Meeting (Town Square)</p> <p>11am: Rock n Roll Trivia + Name the Icon Competition</p> <p>1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Art Group - Rock n Roll themed Painting</p>	<p>8 R U OK DAY</p> <p>9:30am: Portrait Painting w/ John Brain</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>10:30am: Chapel Service w/ Angus + Catherine W</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>2pm: Piano Singalong w/ Geoff Murray</p>	<p>9</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Men's 'Fella'ship' Group w/ David</p> <p>1pm - 4pm: Motiview</p> <p>1:30pm: Happy Hour + Clarinet w/ Adrienne</p>	<p>10</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>	<p>11</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>
<p>12</p> <p>10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Balloon Tennis in Meryla Lounge</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Shuffleboard in Berrima Lounge</p>	<p>13</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Hoy (Card-Bingo)</p> <p>1pm - 4pm: Motiview w/ Tony W in Gym</p> <p>1:30pm: Carpet Bowls in Chapel</p>	<p>14 NATIONAL CREAM-FILLED DONUT DAY</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Trivia in Joadja Lounge</p> <p>1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Art Group - Still-Life Drawing</p> <p>1:30pm: Chess, Checkers, and Bridge Clubs in Penrose Lounge</p>	<p>15 WORLD MAKE-A-HAT DAY</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>10:30am: Chapel Service w/ Angus + Catherine W</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Craft and Creation Corner - Hat-making</p> <p>2pm: Outdoor Sensory Garden Group in Avoca Gardens</p>	<p>16 TULIP TIME BEGINS</p> <p>9:30am: Koori Kulcha at Corbett Gardens</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Whiteboard Word Games</p> <p>1pm - 4pm: Motiview</p> <p>1pm: Bus Outing - Opening Ceremonial Happy Hour at Corbett Gardens</p> <p>1:30pm: Happy Hour + Clarinet w/ Adrienne</p>	<p>17</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>	<p>18</p> <p>10am: Sunday Morning Coffee Club w/ Wendy</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>
<p>19</p> <p>10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Bocce Spider-Bowls in Meryla Lounge</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Self-directed Activities</p>	<p>20</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Hoy (Card-Bingo)</p> <p>1pm - 4pm: Motiview w/ Tony W in Gym</p> <p>1:30pm: Bus Outing - Picnic at Corbett Gardens</p>	<p>21 INTERNATIONAL DAY OF PEACE</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Trivia in Joadja Lounge</p> <p>1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Art Group - Int. Day of Peace themed Painting</p> <p>1:30pm: Chess, Checkers, and Bridge Clubs in Penrose Lounge</p>	<p>22</p> <p>9am: Bus Outing - Portrait Painting w/ John Brain at Corbett Gardens</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>10:30am: Chapel Service w/ Angus + Catherine W</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>2pm: Piano Singalong w/ Geoff Murray</p>	<p>23</p> <p>9:30am: Koori Kulcha at Corbett Gardens</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Whiteboard Word Games</p> <p>1pm - 4pm: Motiview</p> <p>1:30pm: Happy Hour + Clarinet w/ Adrienne</p>	<p>24</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>	<p>25</p> <p>All-Day: Self-directed Activities and Special Interest Groups</p>
<p>26 NATIONAL PANCAKE DAY</p> <p>10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Balloon Tennis in Meryla Lounge</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Shuffleboard in Berrima Lounge</p>	<p>27 NATIONAL SCARF DAY</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Hoy (Card-Bingo)</p> <p>1pm - 4pm: Motiview w/ Tony W in Gym</p> <p>1:30pm: Bus Outing - Scarf Knitting Group at Corbett Gardens</p>	<p>28</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Trivia in Joadja Lounge</p> <p>1pm - 4pm: Motiview in Gym</p> <p>1:30pm: Art Group - Charcoal Sketching</p> <p>1:30pm: Chess, Checkers, and Bridge Clubs in Penrose Lounge</p>	<p>29 CONFUCIUS DAY</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>10:30am: Chapel Service w/ Angus + Catherine W</p> <p>11am - noon / 1pm - 4pm: Motiview in Gym</p> <p>2pm: Bus Outing: Outdoor Sensory Garden Group in Corbett Gardens</p>	<p>30</p> <p>9:30am: Koori Kulcha at Corbett Gardens</p> <p>9:30am / 10:30am: 'Get Moving!' w/ Physio (Exercises)</p> <p>11am: Men's 'Fella'ship' Group w/ David</p> <p>1pm - 4pm: Motiview</p> <p>1:30pm: Happy Hour + Clarinet w/ Adrienne</p>	 <p>INTERNATIONAL Day of Peace</p>	