

MV Activities Program

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<p>International Women's Day #IWD2023 #EmbraceEquity</p>		<p>1 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja 1:30pm: Garden Walk w/ Wendy 2pm: Master Balance</p>	<p>2 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Chapel, Devotional, and Spiritual Group 1:30pm: Creative Art Hour 2pm: Helping Hands</p>	<p>3 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Mens Fella'ship Group w/ David 1:30pm: Carpet Bowls in Alpine 1:30pm: HAPPY HOUR 2pm: Master Balance</p>	<p>'PEDAL 4 PARKINSON'S'</p> <p>JOIN US IN THE FIGHT AGAINST PARKINSON'S DISEASE</p> <p>Wednesday 1st March - Friday 31st March</p> <p>TO MAKE A DONATION, PLEASE SCAN QR CODE</p> <p>OR VISIT OUR WEBSITE HARBISON.ORG.AU</p>	
<p>6 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls in Penrose 1:30pm: Shuffleboard in Berrima</p>	<p>7 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Hoy 11:30am: Walk n' Talk 1:30pm: Garden and Floristry Group in Wingello and Avoca 2pm: Helping Hands</p>	<p>8 INT. WOMENS DAY All Day From 8:30am: Motiview Pedal 4 Parkinsons 11am: Int. Womens Day Celebration w/ Guest Speaker Valentina Borbone 1:30pm: Mahjong Group w/ Julie 2pm: Master Balance</p>	<p>9 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Chapel, Devotional, and Spiritual Group 1:30pm: Knitting Group w/ Pam 2pm: Piano Singalong w/ Geoff 2pm: Helping Hands</p>	<p>10 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Mens Fella'ship Group w/ David 1:30pm: Carpet Bowls in Alpine 1:30pm: HAPPY HOUR 2pm: Master Balance</p>	<p>HAPPY ST. PATRICK'S DAY!</p>	
<p>13 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls in Penrose 1:30pm: Balloon Tennis in Meryla</p>	<p>14 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Hoy 11:30am: Walk n' Talk 1:30pm: Garden and Floristry Group in Wingello and Avoca</p>	<p>15 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Harbison Playgroup in Alpine 9:30am + 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja 1:30pm: Mahjong Group w/ Julie 2pm: Master Balance</p>	<p>16 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Chapel, Devotional, and Spiritual Group 1:30pm: Creative Art Hour</p>	<p>17 ST. PATRICKS DAY All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Mens Fella'ship Group w/ David 1:30pm: Carpet Bowls in Alpine 1:30pm: ST. PATRICKS DAY THEMED IRISH HAPPY HOUR 2pm: Master Balance</p>	<p>25 NSW STATE ELECTION DAY</p>	
<p>20 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls in Penrose 1:30pm: Shuffleboard in Berrima</p>	<p>21 HARMONY DAY All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Hoy 11:30am: Walk n' Talk 1:30pm: Garden and Floristry Group in Wingello and Avoca 2pm: Helping Hands</p>	<p>22 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Harbison Playgroup in Alpine 9:30am + 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja 1:30pm: Mahjong Group w/ Julie 2pm: Master Balance</p>	<p>23 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Chapel, Devotional, and Spiritual Group 1:30pm: Knitting Group w/ Pam 2pm: Piano Singalong w/ Geoff 2pm: Helping Hands</p>	<p>24 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Mens Fella'ship Group w/ David 1:30pm: Carpet Bowls in Alpine 1:30pm: HAPPY HOUR 2pm: Master Balance</p>		
<p>27 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls in Penrose 1:30pm: Balloon Tennis in Meryla</p>	<p>28 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Hoy 11:30am: Walk n' Talk 1:30pm: Garden and Floristry Group in Wingello and Avoca 2pm: Helping Hands</p>	<p>29 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Harbison Playgroup in Alpine 9:30am + 10:30am: Get Moving w/ Physio 11am: Trivia in Joadja 1:30pm: Mahjong Group w/ Julie 2pm: Master Balance</p>	<p>30 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Chapel, Devotional, and Spiritual Group 1:30pm: Creative Art Hour 2pm: Helping Hands</p>	<p>31 All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Mens Fella'ship Group w/ David 1:30pm: Carpet Bowls in Alpine 1:30pm: HAPPY HOUR 2pm: Master Balance</p>		

Activities are subject to change due to unforeseen circumstances.