



Active Lifestyle



Bridge the Gap

Bowral House currently has two Bridge groups. One was facilitated by the Recreation staff, with volunteers providing social support for the residents. This group is now well established and run wholly by the residents. In the other case, the resident is joined by three friends who live outside the facility.

Bridge afternoons run for about two hours, with

afternoon tea served and set up in the private lounge, making for a relaxing time.

When asked about the games a resident said, *'the games are not serious, it's just nice to have friends in for a game of Bridge over afternoon tea.'*

D. Steller, Bowral House

