



# BOWRAL HOUSE

Nursing Home

## BOWRAL HOUSE OCTOBER 2021 ACTIVITY PLANNER



		70th Wedding Anniversary	BOOK CLUB	FRIDAY 1	SATURDAY 2	SUNDAY 3
Activities may change at short notice due to visiting restrictions		On the 21st Doug and Dot Happy Anniversary	On the last Sunday of the month	10.45 Exercise	10.45 Bingo	10.45am Conversation Hour
Staff will announce all daily activities	13th - Teresa 23rd - Meryl 23rd - Merle 24th - Doug 25th - Marie				 	
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
10.45 Music at the piano	10.45 Exercise to Music	10.45 Bingo	10.45 Quiz	10.45 Gentle Exercise	10.45 am Bingo	10.45 Conversation Hour
					 	
1.45 Movie Time	2.00 Individual Visits	2:00 Drawing demo with Tracey	1.45 Movie Time	2.30 Milk Bar	2.30 Balloon Exercise	2.00 In house movie
2.30 Individual Visits	3.00 Happy Hour		3.00 Individual Visits	2.30 Chocolate Wheel	3.30 - Individual Visits	2.30 Individual Visits
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
10.45 Music at the piano	10.45 Exercise to Music	10.45 Bingo	10.45 QUIZ	10.45 Exercise	10-45 am Bingo	10.45 Conversation Hour
11.00 Individual Visits					 	
2.00 Physio Exercise						2.00 In house movie
2.30 Individual Visits	2.00 - Residents Meeting	2:00 Craft	1.45 Movie Time		2.30 Balloon Exercise	2.30 Individual Visits
			3.00 Individual Visits		3.30 - Individual Visits	Skype calls
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
10.45 Music at the piano	10.45 Exercise to Music	10.45 Bingo	10.45 QUIZ	10.45 Gentle exercise	10-45 am Bingo	10.45 Conversation Hour
11.00 Individual Visits					 	
2.00 Physio Exercise	2.00 Individual Visits					2.00 In house movie
2.30 Individual Visits	3.00 Happy Hour	2:00 Drawing demo with Tracey	1.45 Movie Time	2.30 Ten Pin	2.30pm Balloon Exercise	2.30 Book Club Meeting
			3.00 Individual Visits	Bowling	3.30 - Individual Visits	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
10.45 Music at the piano	10.45 Exercise to Music	10.45 Bingo	10.45 am QUIZ	10.45 Exercise	10-45 am Bingo	10.45 Conversation Hour
11.00 Individual Visits	2.00 Birthday Party				 	
2.00 Physio Exercise						2.00 In house movie
2.30 Individual Visits		2:00 Craft	1.45 Movie Time	2.30 Putt Putt Golf	2.30 Balloon Exercise	2.30 Book Club Meeting
			3.00 Individual Visits		3.30 - Individual Visits	