

# FEBRUARY 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>		<p><b>1</b></p> <p>10.45 Bingo </p> <p>1.45 Seated yoga 2.30pm - Knitting Group</p>	<p><b>2</b></p> <p>10.45 - Quiz</p> <p>3.00 - Individual visits</p>	<p><b>3</b></p> <p>10.45 Seated Movement</p> <p>1.45 - Movie 230 - Individual visits</p>	<p><b>4</b></p> <p>10.45 Bingo </p> <p>2.00 Gentle exercise and quiz</p>	<p><b>5</b></p> <p>10.15 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>6</b></p> <p>10.45 Sing along </p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>7</b></p> <p>10.45 Exercise to music </p> <p>2.30 Happy hour and Quiz</p>	<p><b>8</b></p> <p>10.45 Bingo </p> <p>1.45 Seated yoga 2.30pm - Knitting Group</p>	<p><b>9</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy 3.00 - Individual visits</p>	<p><b>10</b></p> <p>10.30 Catholic Communion</p> <p>1.45 - Movie 230 - Individual visits</p>	<p><b>11</b></p> <p>10.45 Bingo </p> <p>2.00 Gentle exercise and quiz</p>	<p><b>12</b></p> <p>10.15 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>13</b></p> <p>10.45 Sing along </p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>14</b></p> <p>10.45 Exercise to music </p> <p>2.30 Happy hour and Quiz</p>	<p><b>15</b></p> <p>10.45 Bingo </p> <p>1.45 Seated yoga 230pm - Knitting Group</p>	<p><b>16</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy 3.00 - Individual visits</p>	<p><b>17</b></p> <p>10.30 Catholic Communion</p> <p>1.45 - Movie 230 - Individual visits</p>	<p><b>18</b></p> <p>10.45 Bingo </p> <p>2.00 Gentle exercise and quiz</p>	<p><b>19</b></p> <p>10.15 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>20</b></p> <p>10.45 Sing along </p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>21</b></p> <p>10.45 Exercise to music </p> <p>2.30 Happy hour and Quiz</p>	<p><b>22</b></p> <p>10.45 Bingo </p> <p>2.00 - Drawing demonstration</p>	<p><b>23</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy <b>2.00 - U3A GREAT THOUGHTS</b></p>	<p><b>24</b></p> <p>10.30 Catholic Communion</p> <p>1.45 - Movie 230 - Individual visits</p>	<p><b>25</b></p> <p>10.45 Bingo </p> <p>2.00 Gentle exercise and quiz</p>	<p><b>26</b></p> <p>10.15 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>27</b></p> <p>10.45 Sing along </p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>28</b></p> <p>10.45 Exercise to music </p> <p><b>1.30 - CONCERT WITH STAN</b></p>		<p></p> <p>6th - Michael M 7th - Nellie 8th - Gwen G</p>	<p></p> <p>9th - Mollie M 12th - Phyllis C 13th - Ivy 16th - Hope</p>		