

APRIL 2022 ACTIVITY PLANNER

Bowral House

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|---|---|---|---|--|--|
| ● Easter Hat parade Prizes for the best hat made in craft group | ● | ● | ● | ● 1 10.45 - Seated Movement Program First floor 2pm - Quiz Group First floor lounge | ● 2 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor | ● 3 10.45 - Conversation Hour 1.45 - Afternoon Movie Channel 510 or 511 own room or lounge room |
| ● 4 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor | ● 5 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge | ● 6 10.45 - Bingo Ground floor 2.30 - Drawing Demonstration Ground floor lounge | ● 7 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom | ● 8 10.45 - Seated Movement Program First floor 2pm - Craft group Ground floor dining room Easter Hats | ● 9 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor | ● 10 10.45 - Conversation Hour 1.45 - Afternoon Movie Channel 510 or 511 |
| ● 11 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor | ● 12 10.45 Exercise to music 2pm - Resident Meeting first floor Lounge | ● 13 10.45 - Bingo Ground floor 2pm - Seated Yoga 1st floor lounge | ● 14 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom | ● 15 GOOD FRIDAY 10.45 - Seated Movement Program First floor 2pm - Craft group Ground floor dining room | ● 16 EASTER SATURDAY 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor | ● 17 EASTER SUNDAY 10.45 - Conversation Hour 1.45 - Afternoon Movie Channel 510 or 511 own room or lounge room |
| ● 18 EASTER MONDAY 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor | ● 19 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge | ● 20 10.45 - Bingo Ground floor 2.30 - Drawing Demonstration Ground floor lounge | ● 21 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom | ● 22 10.45 - Seated Movement Program First floor 3pm - ANZAC Service first floor lounge | ● 23 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor | ● 24 10.45 - Conversation Hour 1.45 - Afternoon Movie Channel 510 or 511 own room or lounge room |
| ● 25 ANZAC DAY 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor | ● 26 10.45 Exercise to music Ground floor 2pm - Birthday Party Ground floor Lounge | ● 27 10.45 - Bingo Ground floor 2pm - Seated Yoga 1st floor lounge | ● 28 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom | ● 29 10.45 - Seated Movement Program First floor 2pm - Craft Group Ground floor lounge | ● 30 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor | ● |

