

JULY 2022 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	 <p>7th - Colin S 19th - Allan C 21st - Dot 30th - Francisco</p>			<p>1</p> <p>10.30 Catholic Communion 10.45 Seated movement 2.00 Craft</p>	<p>2</p> <p>10.45 Bingo 2.00 Balloon exercise and quiz</p>	<p>3</p> <p>10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast</p>
<p>4</p> <p>10.45 Sing along 2.00 Physiotherapy</p>	<p>5</p> <p>10.45 Exercise to music 2.30 Happy hour</p>	<p>6</p> <p>10.45 Bingo 2.00 Drawing demonstration</p>	<p>7</p> <p>11.00 St Jude's Church Fellowship 1.45 - Movie 2.00 - Pet Therapy</p>	<p>8</p> <p>10.30 Catholic Communion 10.45 Seated Movement 2.00 Cooking with Clare</p>	<p>9</p> <p>10.45 Bingo 2.00 Balloon exercise and quiz</p>	<p>10</p> <p>10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast</p>
<p>11</p> <p>10.45 Sing along 2.00 Physiotherapy</p>	<p>12</p> <p>10.45 Exercise to music 2.30 Happy hour</p>	<p>13</p> <p>10.45 Bingo 2.00 Smile and Sway exercise</p>	<p>14</p> <p>11am Catholic Church Service 1.45 - Movie 2pm - Pet Therapy</p>	<p>15</p> <p>10.30 Catholic Communion 10.45 Seated Movement 2.00 Chocolate Wheel</p>	<p>16</p> <p>10.45 Bingo 2.00 Balloon exercise and quiz</p>	<p>17</p> <p>10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast</p>
<p>18</p> <p>10.45 Sing along 2.00 Physiotherapy</p>	<p>19</p> <p>10.45 Exercise to music 2.30 Happy hour</p>	<p>20</p> <p>10.45 Bingo 2.00 Drawing demonstration</p>	<p>21</p> <p>10.45 Quiz 1.45 - Movie 2pm - Pet Therapy</p>	<p>22</p> <p>10.30 Catholic Communion 10.45 Seated movement 2.00 Craft</p>	<p>23</p> <p>10.45 Bingo 2.00 Balloon exercise and quiz</p>	<p>24</p> <p>10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast</p>
<p>25</p> <p>10.45 Sing along 2.00 Physiotherapy</p>	<p>26</p> <p>10.45 Exercise to music 2.30 Happy hour</p>	<p>27</p> <p>10.45 Bingo 2.00 Seated Yoga</p>	<p>28</p> <p>10.45 Quiz 1.45 - Movie 2pm - Pet Therapy</p>	<p>29</p> <p>10.30 Catholic Communion 10.45 Seated movement 2.00 Milkshake Bar</p>	<p>30</p> <p>10.45 Bingo 2.00 Balloon exercise and quiz</p>	<p>31</p> <p>10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast</p>