

# AUGUST 2022 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.45 Sing along 2.00 Physiotherapy	2 10.45 Exercise to music 2.30 Happy hour	3 10.45 Bingo 2.00 Drawing demonstration	4 11.00 St Jude's Church Service 1.45 - Movie	5 10.30 Catholic Communion 10.45 Seated Movement 2.00 Craft with Clare	6 10.45 Bingo 2.00 Balloon exercise and quiz	7 10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast
8 10.45 Sing along 2.00 Physiotherapy	9 10.45 Exercise to music 2pm - Resident Meeting	10 10.45 Bingo 2.00 Seated Yoga	11 11am Catholic Church Service 1.45 - Movie 2pm - Pet Therapy	12 10.30 Catholic Communion 10.45 Seated Movement 2.00 Putt Putt golf	13 10.45 Bingo 2.00 Balloon exercise and quiz	14 10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast
15  10.45 Sing along 2.00 Physiotherapy Hatching Chicks	16 10.45 Exercise to music 2pm - Guest Speaker Maryanne presents Egypt Hatching Chicks	17 10.45 Bingo 2.00 Drawing demonstration Hatching Chicks	18 10.45 Quiz 1.45 - Movie 2pm - Pet Therapy Hatching Chicks	19 10.30 Catholic Communion 10.45 Seated Movement 2.00 Cooking with Clare Hatching Chicks	20 10.45 Bingo 2.00 Balloon exercise and quiz Hatching Chicks	21 10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast
22 10.45 Sing along 2.00 Physiotherapy Hatching Chicks	23 10.45 Exercise to music 2.30 Happy hour Hatching Chicks	24 10.45 Bingo 2.00 Seated Yoga Hatching Chicks	25 10.45 Quiz 1.45 - Movie 2pm - Pet Therapy Hatching Chicks	26 10.30 Catholic Communion 10.45 Seated Movement 2.00 Ice Creamery Hatching Chicks	27 10.45 Bingo 2.00 Balloon exercise and quiz	28 10.45 St Jude's Church Service 2.00 ABC Conversation Hour Podcast
29 10.45 Sing along 2.00 Physiotherapy	30 10.45 Exercise to music 2.30 Birthday Party	31 10.45 Bingo 2.00 Drawing demonstration	Hatching Chicks 		 5th - Ruth 18th - Graham 20th - David	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE