

MARCH 2022 ACTIVITY PLANNER

Bowral House

MON	TUE	WED	THUR	FRI	SAT	SUN
	1 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge	2 10.45 - Bingo Ground floor 2pm - Seated Yoga 1st floor lounge	3 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom	4 10.45 - Seated Movement Program First floor 2pm - Quiz First floor	5 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor	6 10.45 - Conversation Hour
7 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor	8 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge	9 10.45 - Bingo Ground floor 2.30 - Drawing Demonstration Ground floor lounge	10 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom	11 10.45 - Seated Movement Program First floor 2pm - Craft group Ground floor dining room	12 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor	13 10.45 - Conversation Hour
14 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor	15 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge	16 10.45 - Bingo Ground floor 2pm - Seated Yoga 1st floor lounge	17 10.45 - Quiz First floor St Patrick's Day 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom	18 10.45 - Seated Movement Program First floor 2pm - Craft group Ground floor dining room	19 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor	10.45 - Conversation Hour
21 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor	22 10.45 Exercise to music Ground floor 3pm - Happy Hour Ground floor Lounge	23 10.45 - Bingo Ground floor 2.30 - Drawing Demonstration Ground floor lounge	24 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom	25 10.45 - Seated Movement Program First floor 2pm - Chocolate Wheel Ground floor lounge	26 10.45 Bingo Ground Floor 2pm - Giant Balloon Exercise 1st Floor	27 10.45 - Conversation Hour
28 10.45 Sing along Ground floor 2pm - Physio Exercise 1st floor	29 10.45 Exercise to music Ground floor 3pm - Birthday Party Ground floor Lounge	30 10.45 - Bingo Ground floor 2pm - Seated Yoga 1st floor lounge	31 10.45 - Quiz First floor 1.45 - Afternoon Movie Channel 510 or 511 own room or loungeroom			



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