

NOVEMBER 2022 ACTIVITY CALENDAR - BOWRAL

| Monday | Melbourne Cup Race Day | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|---|
|  <p>LEST WE FORGET</p> | <p>11am - Sweeps</p>  <p>Cup Carnival and Race</p> | <p>10.45 Bingo</p>  <p>2.00 Seated Yoga</p> |  <p>11.00 St Jude's fellowship 145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2pm - Craft group</p> | <p>10.45 Bingo</p>  <p>2.00 Balloon exercise and quiz</p> | <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>10.45 Sing along</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>10.45 Exercise to music</p> <p>2.30 Happy hour and Quiz</p> | <p>10.45 Bingo</p>  <p>2.00 Drawing demonstration</p> | <p>11.00 Catholic Church Service</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>10.30 Catholic Communion 10.45 Seated Movement</p>  <p>REMEMBRANCE DAY 2pm - Service with RSL President John Cummins</p> | <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p> | <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>10.45 Sing along</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>10.45 Exercise to music</p>  <p>2.30 Happy hour and Quiz</p> | <p>10.45 Bingo</p> <p>2.00 Craft Group Christmas Card Making</p> | <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2pm - Milk Bar</p> | <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p> | <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>10.45 Sing along</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>10.45 Exercise to music</p>  <p>2.30 Happy hour and Quiz</p> | <p>10.45 Bingo</p>  <p>2.00 Drawing demonstration</p> | <p>10.45 - Quiz</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 2pm - U3A GREAT THOUGHTS</p> | <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2pm - Chocolate Wheel</p> | <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p> | <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>10.45 Sing along</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>10.45 Exercise to music</p>  <p>2pm-BIRTHDAY PARTY Concert with Stan</p> | <p>10.45 Bingo</p>  <p>2.00 Seated Yoga</p> |  | <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p> |  <p>4th - Pat M 4th - Gwen W 11th - Barbara Bull 17th - Coralie</p> |  <p>18th - Joyce T 20th - Trish C 22nd - Liz R</p> |