



OCTOBER 2022 ACTIVITY CALENDAR - BOWRAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31</p> <p>10.45 Sing along</p> <p>1.30 Bus Trip</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	 <p>23rd - Meryl 25th - Marie</p>	<p>NEW ACTIVITY</p> <p>KNITTING GROUP MEETS AT 2.30 Thursdays in the Snow Drop lounge</p> <p>U3A DISCUSSION GROUP ON THE LAST THURSDAY</p>		<p>1</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>2</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>3</p> <p>10.45 Sing along</p> <p>2PM-ENTERTAINMENT STAN</p>	<p>4</p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p>5</p> <p>10.45 Bingo</p> <p>145 - CARD GROUP 2.00 Drawing demonstration</p>	<p>6</p> <p>11.00 Anglican Church Service</p> <p>1.45 - Movie</p> <p>230pm - Knitting Group</p>	<p>7</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>1.30 Bus Trip</p>	<p>8</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>9</p> <p>10.45 St Jude's Church Service</p> <p>230pm Piano Concert Various performers</p>
<p>10</p> <p>10.45 Sing along</p> <p>1.30 Bus Trip</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>11</p> <p>10.45 Exercise to music</p> <p>2pm Resident Meeting Aged Care Rights guest speaker Anita Mulally</p>	<p>12</p> <p>10.45 Bingo</p> <p>145 - CARD GROUP 2.00 Seated Yoga</p>	<p>13</p> <p>11.00 Catholic Church Service</p> <p>1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p>	<p>14</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>1.30 Bus Trip</p>	<p>15</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>16</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>17</p> <p>10.45 Sing along</p> <p>1.30 Bus Trip</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>18</p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p>19</p> <p>10.45 Bingo</p> <p>145 - CARD GROUP 2.00 Drawing demonstration</p>	<p>20</p> <p>10.45 Quiz</p> <p>1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p>	<p>21</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>1.30 Bus Trip</p>	<p>22</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>23</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>24</p> <p>10.45 Sing along</p> <p>1.30 Bus Trip</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>25</p> <p>10.45 Exercise to music</p> <p>2pm-BIRTHDAY PARTY Doug Smith Piano Concert</p>	<p>26</p> <p>10.45 Bingo</p> <p>145 - CARD GROUP 2.00 Seated Yoga</p>	<p>27</p> <p>10.45 Quiz</p> <p>1.45 - Movie 2pm - Pet Therapy 2pm - U3A GREAT THOUGHTS 230pm - Knitting Group</p>	<p>28</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>1.30 Bus Trip</p>	<p>29</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>30</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>