



THOMPSON  
HEALTH CARE

# MAY 2022 ACTIVITY PLANNER – BOWRAL HOUSE

MON	TUE	WED	THUR	FRI	SAT	SUN
<p>10.45am Singalong 2pm Physiotherapy Exercise With David</p> <p>30</p>	<p>10.45am Exercise to Music 3pm HAPPY HOUR Birthday Party</p> <p>31</p>					<p>10.45am Conversation Hour 1.30pm Piano concert 230pm St Jude's Service</p> <p>1</p>
<p>10.45am Singalong 2pm Physiotherapy Exercise With David</p> <p>2</p>	<p>10.45am Exercise to music 3pm Happy Hour</p> <p>3</p>	<p>10.45am Bingo 2pm Drawing Demonstration with Tracey</p> <p>4</p>	<p>10.45am Quiz 1.45pm Movie 2pm – Pet therapy</p> <p>5</p>	<p>10.45am Seated Exercise 2pm Quiz</p> <p>6</p>	<p>10.45am Bingo 2pm Balloon Exercise</p> <p>7</p>	<p>10.45am Conversation Hour 1.45pm Movie 2pm St Jude's Service</p> <p>8</p>
<p>10.45am Singalong 2pm Physiotherapy Exercise With David</p> <p>9</p>	<p>10.45am Exercise to music 3pm Happy Hour</p> <p>10</p>	<p>10.45am Bingo 2pm Seated Yoga</p> <p>11</p>	<p>10.45am Quiz 1.45pm Movie 2pm – Pet therapy</p> <p>12</p>	<p>10.45am Seated Exercise 2pm Craft</p> <p>13</p>	<p>10.45am Bingo 2pm Balloon Exercise</p> <p>14</p>	<p>10.45am Conversation Hour 1.45pm Movie 2pm St Jude's Service</p> <p>15</p>
<p>10.45am Singalong 2pm Physiotherapy Exercise With David</p> <p>16</p>	<p>10.45am Exercise to music 3pm Happy Hour</p> <p>17</p>	<p>10.45am Bingo 2pm Drawing Demonstration with Tracey</p> <p>18</p>	<p>10.45am Quiz 1.45pm Movie 2pm Pet therapy</p> <p>19</p>	<p>10.45am Seated Exercise 2pm Chocolate Wheel</p> <p>20</p>	<p>10.45am Bingo 2pm – Balloon Exercise</p> <p>21</p>	<p>10.45am Conversation Hour 1.45pm Movie 2pm St Jude's Service</p> <p>22</p>
<p>10.45am Singalong 2pm Physiotherapy Exercise With David</p> <p>23</p>	<p>10.45am Exercise to music 3pm Happy Hour</p> <p>24</p>	<p>10.45am Bingo 2pm Seated Yoga</p> <p>25</p>	<p>10.45am Quiz 1.45pm Movie 2pm – Pet therapy</p> <p>26</p>	<p>10.45am Seated Exercise 2pm Ice cream Bar</p> <p>27</p>	<p>10.45am Bingo 2pm Balloon Exercise</p> <p>28</p>	<p>10.45am Conversation Hour 1.45pm Movie 2pm St Jude's Service</p> <p>29</p>