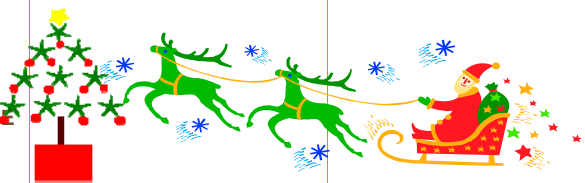





















DECEMBER 2022 ACTIVITY CALENDAR - BOWRAL HOUSE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|--|
| <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p> |  |  | <p>1</p> <p>11.00 St Jude's Church Anglican service</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>2</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00pm Christmas craft</p> | <p>3</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p> | <p>4</p> <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>5</p> <p>10.45 Sing along</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>6</p> <p>10.45 Exercise to music</p>  <p>2pm Ainsley gift shop in the ground floor lounge</p> | <p>7</p> <p>2pm - Floral Arranging Group</p> | <p>8</p> <p>Resident Christmas Lunch</p> <p>2pm - VIOLIN CONCERT Hayden Wiseman</p> | <p>9</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00pm Ice Creamery</p> | <p>10</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p> | <p>11</p> <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>12</p> <p>10.45 Sing along</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>13</p> <p>10.45 Exercise to music</p>  <p>2.30 Happy hour and Quiz</p> | <p>14</p> <p>10.45 Bingo</p>  <p>Drawing demonstration</p> | <p>15</p> <p>10.45 - Quiz</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>16</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00pm Putt putt</p> | <p>17</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p> | <p>18</p> <p>10.30 Church Service You Tube</p> <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>19</p> <p>10.45 Sing along</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>20</p> <p>10.45 Exercise to music</p>  <p>2.30 Happy hour Bruce and Maureen</p> | <p>21</p> <p>10.45 Bingo</p>  <p>2.00 Seated Yoga</p> | <p>22</p> <p>10.45 - Quiz</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 230pm - Knitting Group</p> | <p>23</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 pm Craft</p> | <p>24</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p> | <p>25</p> <p>10.30 Church Service</p>  <p>2.00 ABC Conversation Hour Podcast</p> |
| <p>26</p> <p>10.45 Sing along</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> | <p>27</p> <p>10.45 Exercise to music</p>  <p>2pm - Concert with Stan</p> | <p>28</p> <p>10.45 Bingo</p>  <p>2.00 Seated Yoga</p> | <p>29</p> <p>10.45 - Quiz</p> <p>145 - CARD GROUP 1.45 - Movie 2pm - Pet Therapy 2pm - U3A GREAT THOUGHTS</p> | <p>30</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00pm Board games</p> | <p>31</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p> | <p>31</p>  <p>10th - Betty C 12th - Lynette 17th - Clare 20th - Dawn 29th - Owen</p> |