

# JANUARY 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> 10.45 Sing along  2.00 Physiotherapy <b>FALLS PREVENTION CLASS</b>	<b>31</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	 1st - Dom 105th 1st - Ros 2nd - Beryl 4th - Margrett 20th - Noel	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<i>Be at war with your vices            at peace with your neighbors            and let every New Year            find you a better person</i> ~ Benjamin Franklin	 	<b>1</b> 10.15 Church Service You Tube 1.45 - Movie 2.00 ABC Conversation Hour Podcast
<b>2</b> 10.45 Sing along  2.00 Physiotherapy <b>FALLS PREVENTION CLASS</b>	<b>3</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	<b>4</b> 10.45 Bingo  1.45 Movie 2.30pm - Knitting Group	<b>5</b> 11.00 St Jude's fellowship 145 - CARD GROUP 2.00 - Pet Therapy 3.00 - Individual visits	<b>6</b> 10.45 Seated Movement 1.45 - Movie 230 - Individual visits	<b>7</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>8</b> 10.15 Church Service You Tube SKYPE CALLS 1.45 - Movie 2.00 ABC Conversation Hour Podcast
<b>9</b> 10.45 Sing along  2.00 Physiotherapy <b>FALLS PREVENTION CLASS</b>	<b>10</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	<b>11</b> 10.45 Bingo  1.45 Seated yoga 230pm - Knitting Group	<b>12</b> 10.45 - Quiz 145 - CARD GROUP 2.00 - Pet Therapy 3.00 - Individual visits	<b>13</b> 10.45 Seated Movement 1.45 - Movie 230 - Individual visits	<b>14</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>15</b> 10.15 Church Service You Tube SKYPE CALLS <b>130 - CONCERT            TOM THE HARPIST</b>
<b>16</b> 10.45 Sing along  2.00 Physiotherapy <b>FALLS PREVENTION CLASS</b>	<b>17</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	<b>18</b> 10.45 Bingo  1.45 Seated yoga 230pm - Knitting Group	<b>19</b> 10.45 - Quiz 145 - CARD GROUP 2.00 - Pet Therapy <b>2.00 - U3A GREAT            THOUGHTS</b>	<b>20</b> 10.30 Catholic Communion 1.45 - Movie 230 - Individual visits	<b>21</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>22</b> 10.15 Church Service You Tube SKYPE CALLS 1.45 - Movie 2.00 ABC Conversation Hour Podcast
<b>23</b> 10.45 Sing along  2.00 Physiotherapy <b>FALLS PREVENTION CLASS</b>	<b>24</b> 10.45 Exercise to music  <b>2pm - CONCERT            WITH STAN</b>	<b>25</b> 10.45 Bingo  2.00 - Drawing demonstration	<b>26</b> 10.45 - Quiz  145 - CARD GROUP 2.00 - Pet Therapy	<b>27</b> 10.30 Catholic Communion 10.45 Seated Movement 2.30 - Ice creamery	<b>28</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>29</b> 10.15 Church Service You Tube SKYPE CALLS <b>130 - CONCERT            TOM THE HARPIST</b>