



THOMPSON
HEALTH CARE

SEPTEMBER 2022 ACTIVITY CALENDAR - BOWRAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>5th - Connie 5th - Barbaara Barsby 10th - Ann H 14th - Claudia 19th - Phyllis L</p>	 <p>21st - Margaret L 22nd - Harry 25th - Sabina 27th - Liz L 28th - Wedding Anniversary Elizabeth & Noel</p>	<p>SPRING</p> 	<p>1</p> <p>11.00 St Jude's Church Fellowship</p> <p>1.45 - Movie 2pm - Pet Therapy</p>	<p>2</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>2.00 Putt Putt golf</p>	<p>3</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>4</p> <p>HAPPY FATHERS DAY</p> <p>FATHERS DAY GIFTS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>5</p> <p>10.45 Sing along</p> <p>2.00 Physiotherapy</p>	<p>6</p> <p>10.45 Exercise to music</p> <p>2pm MAGIC SHOW with Julian Bull</p>	<p>7</p> <p>10.45 Bingo</p> <p>2.00 Seated Yoga</p>	<p>8</p> <p>11am Catholic Church Service</p> <p>1.45 - Movie 2pm - Pet Therapy</p>	<p>9</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>2.00 Cooking with Clare</p>	<p>10</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>11</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>12</p> <p>10.45 Sing along</p> <p>2.00 Physiotherapy</p>	<p>13</p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p>14</p> <p>10.45 Bingo</p> <p>2.00 Drawing demonstration</p>	<p>15</p> <p>10.45 Quiz</p> <p>1.45 - Movie 2pm - Pet Therapy</p>	<p>16</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>2.00 Putt Putt golf</p>	<p>17</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>18</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>19</p> <p>10.45 Sing along</p> <p>2.00 Physiotherapy</p>	<p>20</p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p>21</p> <p>10.45 Bingo</p> <p>2.00 Seated Yoga</p>	<p>22</p> <p>10.45 Quiz</p> <p>1.45 - Movie 2pm - Pet Therapy</p>	<p>23</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>2.00 Craft with Clare</p>	<p>24</p> <p>10.45 Bingo</p> <p>2.00 Balloon exercise and quiz</p>	<p>25</p> <p>10.45 St Jude's Church Service</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p>26</p> <p>10.45 Sing along</p> <p>2.00 Physiotherapy</p>	<p>27</p> <p>10.45 Exercise to music</p> <p>2.30 Birthday Party</p>	<p>28</p> <p>10.45 Bingo</p> <p>2.00 Drawing demonstration</p>	<p>29</p> <p>10.45 Quiz</p> <p>2pm- GREAT THOUGHTS U3A DISCUSSION GROUP special guest</p>	<p>30</p> <p>10.30 Catholic Communion</p> <p>10.45 Seated Movement</p> <p>2.00 Icecreamery</p>	<p>New Activity</p> <p>University of the 3rd Age 2pm- GREAT THOUGHTS Quotes from famous people will be drawn from a hat and discussed. There is no right or wrong as it is for thought and discussion only</p> <p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	