

APRIL 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	ANZAC DAY 	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	 6th - Molly R 25th - Judy L 29th - Noreen <i>Happy Anniversary!</i> 15th - Trish and Frank		1 10.45 Bingo  2.00 Gentle exercise and quiz	2 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
	25th April Service on 24th at 11am					
3 10.45 Sing along  2.00 Physiotherapy FALLS PREVENTION CLASS	4 10.45 Exercise to music  2.30 Happy hour and Quiz	5 10.45 Bingo  1.45 Seated yoga	6 10.45 - St Jude's CHURCH SERVICE  2.00 - Pet Therapy 3.00 - Individual visits	7 Good Friday 11.00 Gentle Exercise 2.00 Chocolate Wheel	8 Easter Saturday 10.45 Bingo  2.00 Gentle exercise and quiz	9 Easter Sunday 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
10 Easter Monday 10.45 Sing along 2.00 Physiotherapy FALLS PREVENTION CLASS	11 10.45 Exercise to music  2.00 Resident Meeting First floor lounge	12 10.45 Bingo  1.30 Ainsley gift shop Ground floor lounge	13 10.45 - Church service Non denominational  2.00 - Pet Therapy 3.00 - Individual visits	14 10.30 Catholic Communion 11.00 Gentle Exercise 1.45 - Movie 230 - Individual visits	15 10.45 Bingo  2.00 Gentle exercise and quiz	16 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
17 10.45 Sing along  2.00 Physiotherapy FALLS PREVENTION CLASS	18 10.45 Exercise to music  2pm - Piano concert Doug Smith	19 10.45 Bingo  1.45 Seated yoga	20 10.45 - Quiz 2.00 - Pet Therapy 3.00 - Individual visits	21 10.30 Catholic Communion 11.00 Gentle Exercise 1.45 - Movie 230 - Individual visits	22 10.45 Bingo  2.00 Gentle exercise and quiz	23 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
24 11.00 Anzac Day Service with RSL members 2.00 Physiotherapy FALLS PREVENTION CLASS	25 ANZAC DAY  1.30 - CONCERT w STAN	26 10.45 Bingo  2.00 - U3A GREAT THOUGHTS DISCUSSION GROUP	27 10.45 - Quiz 2.00 - Pet Therapy 3.00 - Individual visits	28 10.30 Catholic Communion 11.00 Gentle Exercise 1.45 - Movie 230 - Individual visits	29 10.45 Bingo  2.00 Gentle exercise and quiz	30 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation