



# MAY 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 10.45 KARAOKE  Individual visits	<b>2</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	<b>3</b> 10.45 Bingo  1.30 Bus trip	<b>4</b> 10.45 - St Jude's FELLOWSHIP  2.00 - Pet Therapy 2.00 Physiotherapy FALLS PREVENTION CLASS	<b>5</b> 10.30 Catholic Communion 11.00 Gentle Exercise  2.00 - Putt Putt golf	<b>6</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>7</b> 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast
<b>8</b> 10.45 KARAOKE  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>9</b> 10.45 Exercise to music  2.30 Happy hour and Quiz	<b>10</b> 10.45 Bingo  1.45 Seated yoga	<b>11</b> 10.45 - Church service Non denominational  2.00 - Pet Therapy 3.00 - Individual visits	<b>12</b> 11.00 Gentle Exercise 1.30 Bus trip	<b>13</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>14</b> <b>MOTHER'S DAY GIFT GIVING</b>  SKYPE CALLS  2.00 ABC Conversation Hour Podcast
<b>15</b> 10.45 KARAOKE  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>16</b> 10.45 Exercise to music 	<b>17</b> 10.45 Bingo  1.45 Seated yoga	<b>18</b> 10.45 - Quiz  2.00 - Pet Therapy 3.00 - Individual visits	<b>19</b> 10.30 Catholic Communion 11.00 Gentle Exercise  1.30 Bus trip	<b>20</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>21</b> 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast
<b>22</b> 10.45 KARAOKE  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>23</b> <b>Multicultural Day</b> 10.45 - Discussion group  Celebration of cultural diversity	<b>24</b> 10.45 Bingo  1.45 Seated yoga	<b>25</b> 10.45 - Quiz  2.00 - Pet Therapy <b>2.00 - U3A GREAT THOUGHTS DISCUSSION GROUP</b>	<b>26</b> 10.30 Catholic Communion 11.00 Gentle Exercise  1.30 Bus trip	<b>27</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>28</b> 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast
<b>29</b> 10.45 KARAOKE  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>30</b> 10.45 Exercise to music  <b>1.30 - CONCERT w STAN</b>	<b>31</b> 10.45 Bingo  1.45 Seated yoga	 1st - Colin H 2nd - David M 25th - Kathleen	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE		