

# JUNE 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <p>2nd - Leonie 15th - Rod</p>	<p>10.45 - St Jude's Communion Service</p>  <p>2.00 Quiz</p>	<p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>1.30 Bus Trip</p>	<p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p>10.30 Church Service You Tube SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p>5</p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>6</p> <p>10.45 Exercise to music</p>  <p>2.30 Happy hour and Quiz</p>	<p>7</p> <p>10.45 Bingo</p>  <p>2.00 - News group</p>	<p>8</p> <p>10.45 - Church service Non denominational</p>  <p>2.00 - Pet Therapy 2.00 Quiz</p>	<p>9</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 Chocolate Wheel</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 SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p>12</p> <p>10.45 Karaoke</p> <p>Monarch's Birthday</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>13</p> <p>10.45 Exercise to music</p> <p>2.00 - Resident Meeting</p>	<p>14</p> <p>10.45 Bingo</p>  <p>2.00 - News group</p>	<p>15</p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy 3.00 - Individual visits</p>	<p>16</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>1.30 Bus Trip</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 SKYPE CALLS</p>
<p>19</p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>20</p> <p>10.45 Exercise to music</p>  <p>2.30 Happy hour and Quiz</p>	<p>21</p> <p>10.45 Bingo</p>  <p>2.00 - News group</p>	<p>22</p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy</p>	<p>23</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 Putt Putt</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 You Tube SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p>26</p> <p>10.45 Karaoke</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>27</p> <p>10.45 Exercise to music</p>  <p>1.30 - CONCERT WITH STAN</p>	<p>28</p> <p>10.45 Bingo</p>  <p>2.00 - News group</p>	<p>29</p> <p>10.45 - Quiz</p> <p>2.00- Pet Therapy</p> <p>2.00 - U3A GREAT THOUGHTS</p>	<p>30</p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.30 - Ice creamery</p>	<p>WEDNESDAY BUS TRIP</p> <p>Please let staff know if you would like to attend a bus trip</p> 	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>