

JULY 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 10.45 Karaoke  2.00 Physiotherapy FALLS PREVENTION CLASS	DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	 7th Colin S 19th Alan C 21st Dot 22nd Daphne 27th Betty S	Pet therapy 	Pony visit 23rd 	1 10.45 Bingo  2.00 Gentle exercise and quiz	2 10.30 Church Service You Tube SKYPE CALLS 1.45 - Movie 2.00 ABC Conversation Hour Podcast
3 10.45 Karaoke  2.00 Seated Movement to music on channel 511	4 10.45 Exercise to music  2.30 Happy hour and Quiz	5 10.45 Bingo  2.00 - News group	6 10.45 - St Jude's Fellowship Service  2.00 Quiz	7 10.30 Catholic Communion 10.45 Seated Movement to be advised	8 10.45 Bingo  2.00 Gentle exercise and quiz	9 10.30 Church Service You Tube SKYPE CALLS 1.45 - Movie 2.00 ABC Conversation Hour Podcast
10 10.45 Karaoke 2.00 Physiotherapy FALLS PREVENTION CLASS	11 10.45 Exercise to music 2.30 Happy hour and Quiz	12 10.45 Bingo  2.00 - News group	13 10.45 - Church service Non denominational  2.00 Quiz	14 10.30 Catholic Communion 10.45 Seated Movement to be advised	15 10.45 Bingo  2.00 Gentle exercise and quiz	16 10.30 Church Service You Tube SKYPE CALLS
17 10.45 Karaoke  2.00 Physiotherapy FALLS PREVENTION CLASS	18 10.45 Exercise to music  2.30 Happy hour and Quiz	19 10.45 Bingo  2.00 - News group	20 10.45 - Quiz 2.00 - Pet Therapy	21 10.30 Catholic Communion 10.45 Seated Movement 2.00 Putt Putt	22 10.45 Bingo  2.00 Gentle exercise and quiz	23 10.30 Church Service You Tube SKYPE CALLS  1.30 Pony visit
24 10.45 Karaoke 2.00 Physiotherapy FALLS PREVENTION CLASS	25 10.45 Exercise to music  1.30 - CONCERT WITH STAN	26 10.45 Bingo  2.00 - News group	27 10.45 - Quiz 2.00- Pet Therapy 2.00 - U3A GREAT THOUGHTS	28 10.30 Catholic Communion 10.45 Seated Movement 2.30 - Ice creamery	29 Please let staff know if you would like to attend a bus trip 	30 DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE