THOMPSON HEALTH GAPE		JULY 2023		ALENDAR -	TERREY H	ILLS	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
3 11.15 am Exercise class 2.00 pm Tea and Trivia 2.00 pm Bowls	1 Extra Activities Room Visits Mon - Sun Bus Trips -Tues & Thurs Happy Hour - Fridays 3 pm Hair Dresser Wed - Thurs Andre Rieu DVD Channel 511 Mon - Fri 4pm *Subject to change at any time				11.15am Musical DVD 2.00pm Knit/purl group 2.00pm Bowls	1 10:15 am Coffee and Chat 2:00pm Special Afternoon T &Trivia 2:00 pm Catholic Mass	<b>2</b> Геа
	3	4	5	6	7	8	9
11.00 am Church Service 11.15am Exercise class 2:00 pm Quiz 2.00 pm Carnet Bowls	11.00am Catholic Mass 11.15am Exercise class 2.00pm Art Class 2:00 pm Bingo	11.15am Exercise class 2.00pm Bowls 2.00pm Newcomers A'Tea 2.00pm Movie	11:15am Exercise DVD 2:00 pm Bingo 2:00pm Mobile library	11.15am Exercise DVD 2.00pm Rosary 2.30pm Entertainment & Happy hour	11.15am Musical DVD 2.00pm Craft 2.00pm Bowls	10:15 am Coffee and Chat 11:30am Songs of Praise 2.00pm Trivia with June 2.00pm Catholic Mass	
1	0	11	12	13	14	15	16
11.15 am Exercise class 2.00 pm Tea and Trivia 2.00 pm Bowls	11.15am Exercise class 2.00pm Craft Class 2.00pm Bingo B I X C O 1 27 33 46 75 8 19 45 56 61 1 3 26 31 55 66 1 5 26 61 55 66 1 5 26 65 1 5 26 1 5 2	11.15am Exercise class 2.00 pm Movie 2.00pm Carpet Bowls 2.00pm Ice cream run	11:15am Exercise Class   2:00 pm Bingo   2.00pm Craft	10.30am Men's Group 11.15am Exercise DVD 2.00pm Rosary 2.30pm Entertainment & Hapov hour ⊣Hpppy	11.15am Musical DVD 2.00pm Knit/purl group 2.00pm Bowls	10:15 am Coffee and Chat 11:30am Songs of Praise 2:00 pm Catholic Mass	
1	7	18	19	20	21	22	23
11.15am Exercise class 2.00pm Light & Bright 2.00 pm Bowls	11.15am Exercise class 2.00 pm Art Class 2.00 pm Walking Group	11.15am Exercise class 2.00pm Bowls 2.00pm Movie 2.00pm Rummy Kub	11.15am Exercise class 2:00 pm Bingo 2:00pm Mobile Library	11.15 am Exercise DVD 2.00pm Rosary 2.30pm Entertainment & Happy hour	11.15am Musical DVD 2.00pm Craft 2.00pm Bowls	10:15 am Coffee and Chat 11.30am Songs of Praise 2:00 pm Catholic Mass	
. 24	4	25	26	27	28	29	30
11.15am Exercise class 2.00pm Quiz 2.00pm Carpet bowls	11.15am Exercise class 2.00pm Art Class 2.00pm Bingo 1 27 33 48 75 8 19 45 56 61	11.15am Exercise class 2.00pm Bowls 2.00pm Pancakes 2.00pm Movie	11:15am Exercise Class 2:00 pm Bingo 2.00pm Craft	10.30am Men's Group 11.15am Exercise DVD 2.00pm Rosary 2.30pm Entertainment & B'Day of month	11.15am Musical DVD 2.00pm Knit/purl group 2.00pm Bowls	10:15 am Coffee and Chat 11.30am Songs of Praise 2:00 pm Catholic Mass	

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