





# AUGUST 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>	<p><b>1</b></p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p><b>2</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>3</b></p> <p>10.45 - St Jude's Church Communion Service</p>  <p>2.00 Quiz</p>	<p><b>4</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Bus Trip</p>	<p><b>5</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>6</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p><b>7</b></p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>8</b></p> <p>10.45 Exercise to music</p>  <p>2.00 Resident Meeting</p>	<p><b>9</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>10</b></p> <p>10.45 - Church service Non denominational</p>  <p>2.00 Film-movie or musical</p>	<p><b>11</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Chocolate wheel</p>	<p><b>12</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>13</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p><b>14</b></p> <p>10.45 Karaoke</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>15</b></p> <p>10.45 Exercise to music</p> <p>2.30 Happy hour</p>	<p><b>16</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>17</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy</p>	<p><b>18</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Ice Creamery</p>	<p><b>19</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>20</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>2.00 Piano concert</p> 
<p><b>21</b></p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>22</b></p> <p>10.45 Exercise to music</p>  <p>1.30 - Entertainment Charles and Forbes</p>	<p><b>23</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>24</b></p> <p>10.45 - Quiz</p> <p>2.00 Film-movie or musical 2.00 - Pet Therapy</p>	<p><b>25</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Bus Trip</p>	<p><b>26</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>27</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>1.45 - Movie 2.00 ABC Conversation Hour Podcast</p>
<p><b>28</b></p> <p>10.45 Karaoke</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>29</b></p> <p>10.45 Exercise to music</p> <p>BIRTHDAY PARTY 1.30 - CONCERT SINGING WITH STAN</p>	<p><b>30</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>31</b></p> <p>10.45 - Quiz</p> <p>2.00- Pet Therapy</p> <p>2.00 - U3A GREAT THOUGHTS</p> 	<p>Please let staff know if you would like to attend a bus trip</p> 		 <p>5TH - RUTH 20TH - DAVID 27TH - INA</p>