



















THOMPSON  
HEALTH CARE

# SEPTEMBER 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Hello Spring</b></p> 	<p><b>Happy Birthday</b></p> <p>5th - Connie 5th - Barbara Bar 7th - Betty H 10th - Ann H 12th - John S 14th - Alex</p>	<p><b>Happy Birthday</b></p> <p>17th - Verna 19th - Phyllis L 21st - Margaret L 22nd - Harry 25th Sabina 27th - Elizabeth L</p>		<p><b>1</b></p> <p>10.30 Catholic Communion 10.45 Individual visits</p> <p>2.00 - Bus Trip</p>	<p><b>2</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>3</b></p> <p>SKYPE CALLS</p> <p><b>HAPPY FATHERS DAY</b></p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>4</b></p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>5</b></p> <p>10.45 Exercise to music</p>  <p>2pm- Individual visits</p>	<p><b>6</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>7</b></p> <p>10.45 - St Jude's Church Fellowship Service</p>  <p>2.00 Quiz 2.00 - Pet Therapy</p>	<p><b>8</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Chocolate wheel</p>	<p><b>9</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>10</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>11</b></p> <p>10.45 Karaoke</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>12</b></p> <p>10.45 Exercise to music</p> <p>2.00 - Table Games</p>	<p><b>13</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>14</b></p> <p>10.45 - Quiz</p> <p>2.00 Individual visits 2.00 - Pet Therapy</p>	<p><b>15</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p> <p>2.00 - Ice Creamery</p>	<p><b>16</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>17</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p>
<p><b>18</b></p> <p>10.45 Karaoke</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>19</b></p> <p>10.45 Exercise to music</p> <p>2.00 - Table Games</p>	<p><b>20</b></p> <p>10.45 News group</p>  <p>3pm Pony Visit</p>	<p><b>21</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy <b>2.00 - U3A GREAT THOUGHTS</b></p>	<p><b>22</b></p> <p>10.30 Catholic Communion 10.45 Individual visits</p> <p>2.00 - Bus Trip</p>	<p><b>23</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>24</b></p> <p>10.30 Church Service You Tube SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p>
<p><b>25</b></p> <p>10.45 Karaoke</p> <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p><b>26</b></p> <p>10.45 Exercise to music</p> <p><b>BIRTHDAY PARTY</b> <b>1.30 - CONCERT SINGING WITH STAN</b></p>	<p><b>27</b></p> <p>10.45 News group</p>  <p>2.00 - Bingo</p>	<p><b>28</b></p> <p>10.45 - Quiz</p> <p>2.00 - Pet Therapy 2.00 Individual visits</p>	<p><b>29</b></p> <p>10.30 Catholic Communion 10.45 Seated Movement</p>  <p>2.00 - Bus Trip</p>	<p><b>30</b></p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p><b>DUE TO UNFORSEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</b></p>