

# OCTOBER 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> 10.45 Karaoke  2.00 - Quiz	<b>31</b> 10.45 Exercise to music  2.00 - Table Games	 19th Susan 25th Marie 28th Olive	We will be hatching chicks in an incubator then they will be in a brooder box near lounge ground floor Staff can assist you to see the Hatching chicks	<b>Hatching chicks</b>  <b>Program</b>	DUE TO UNFORSEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	<b>1</b> 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
<b>2</b> 10.45 Karaoke  2pm- Individual visits	<b>3</b> 10.45 Exercise to music  2.00 - Table Games	<b>4</b> 10.45 News group  2.00 - Bingo	<b>5</b> 10.45 - St Jude's Church Communion Service  2.00 - Quiz	<b>6</b> 10.30 Catholic Communion 10.45 Seated Movement 2.00 Physiotherapy FALLS PREVENTION CLASS	<b>7</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>8</b> 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
<b>9</b> 10.45 Karaoke <b>Hatching chicks</b>  2pm- Individual visits	<b>10</b> 10.45 Exercise to music <b>Hatching chicks</b> 2.00 - Resident Meeting First floor lounge	<b>11</b> 10.45 News group <b>Hatching chicks</b> 2.00 - Bingo	<b>12</b> 10.45 - Quiz <b>Hatching chicks</b>  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>13</b> 10.30 Catholic Communion 10.45 Seated Movement <b>Hatching chicks</b> 2.00 Putt Putt golf	<b>14</b> 10.45 Bingo <b>Hatching chicks</b> 2.00 Gentle exercise and quiz	<b>15</b> 10.30 Church Service You Tube <b>Hatching chicks</b> SKYPE CALLS 2.00 ABC Conversation Hour Podcast
<b>16</b> 10.45 Karaoke <b>Hatching chicks</b> 2.00 - Quiz	<b>17</b> 10.45 Exercise to music <b>Hatching chicks</b> 2.00 - Table Games	<b>18</b> 10.45 News group <b>Hatching chicks</b> 2.00 - Bingo 	<b>19</b> 10.45 - Quiz <b>Hatching chicks</b> 2.00 - Pet Therapy 2.00 Physiotherapy FALLS PREVENTION CLASS	<b>20</b> 10.30 Catholic Communion 10.45 Individual visits <b>Hatching chicks</b> 2.00 - Ice Creamery	<b>21</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>22</b> 10.30 Church Service You Tube 2.00 ABC Conversation Hour Podcast
<b>23</b> 10.45 Karaoke <b>?</b> 2.00 - Quiz	<b>24</b> 10.45 Exercise to music  BIRTHDAY PARTY 1.30 - CONCERT SINGING WITH STAN	<b>25</b> 10.45 News group  2.00 - Bingo	<b>26</b> 10.45 - Quiz  2.00 Physiotherapy FALLS PREVENTION CLASS	<b>27</b> 10.30 Catholic Communion 10.45 Individual visits 2.00 Putt Putt golf	<b>28</b> 10.45 Bingo  2.00 Gentle exercise and quiz	<b>29</b> 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast