



THOMPSON
HEALTH CARE

NOVEMBER 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 4th - Gwen W 13th - Barbara Bull 17th - Coralie 20th - Trish 22nd - Liz R 30th - Cliff		1 10.45 News group  2.00 - Bingo	2 10.45 - St Jude's Church Fellowship Service  2.00 Physiotherapy FALLS PREVENTION CLASS	3 10.30 Catholic Communion 10.45 Individual visits 2.00 - Putt Putt golf	4 10.45 Bingo  2.00 Gentle exercise and quiz	5 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
6 10.45 Karaoke  2.00 - Individual visits	7 Melbourne Cup Day 11.00 Resident Sweeps 2.00 Afternoon Tea Champagne & Canapes 3.00 Watch the Cup in lounge areas	8 10.45 News group  2.00 - Bingo	9 10.45 - Quiz 2.00 Physiotherapy FALLS PREVENTION CLASS	10 10.30 Catholic Communion 10.45 Seated Movement 2.00 - Ice Creamery	11 10.45 Bingo  2.00 Remembrance Day Service with RSL 1st floor lounge	12 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
13 10.45 Karaoke 2.00 - Quiz	14 10.45 Exercise to music 2.00 - Table Games	15 10.45 News group  2.00 - Bingo	16 10.45 - Quiz 2.00 Physiotherapy FALLS PREVENTION CLASS	17 10.30 Catholic Communion 10.45 Seated Movement 2.00 - Ten Pin Bowling	18 10.45 Bingo  2.00 Gentle exercise and quiz	19 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
20 10.45 Karaoke 2.00 - Quiz	21 10.45 Exercise to music 2.00 - U3A GREAT THOUGHTS	22 10.45 News group  2.00 - Bingo	23 10.45 - Quiz 2.00 - Pet Therapy 2.00 Physiotherapy FALLS PREVENTION CLASS	24 10.30 Catholic Communion 10.45 - Individual visits 2.00 - Putt Putt golf	25 10.45 Bingo  2.00 Gentle exercise and quiz	26 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
27 10.45 Karaoke GUEST SPEAKER 2.00 - Peter Kearney	28 10.45 Exercise to music 1.30 - CONCERT SINGING WITH STAN 	29 10.45 News group  2.00 - Bingo	30 10.45 - Quiz  2.00 Physiotherapy FALLS PREVENTION CLASS			DUE TO UNFORSEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE