






THOMPSON
HEALTH CARE

DECEMBER 2023 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 10th - Betty C 10th - Grace 12th - Lynette 20th - Dawn	DUE TO UNFORSEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE 			1 10.30 Catholic Communion 10.45 Individual visits 2.00 - Putt Putt Golf	2 10.45 Bingo  2.00 Gentle exercise and quiz	3 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
4 10.45 - St Jude's Church CHRISTMAS COMMUNION SERVICE  2.00 - Craft Group Card making	5 10.45 Exercise to music 2.00 - Table Games	6 RESIDENT XMAS PARTY  1.30 - Entertainment with David Newman	7 10.45 - Frensham Choir Christmas Carols 2.00 Physiotherapy FALLS PREVENTION CLASS	8 10.30 Catholic Communion 10.45 Seated Movement 2.00 - Craft Group Card making	9 10.45 Bingo 2.00 ABC Conversation Hour Podcast	10 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
11 10.45 Karaoke 2.00 - Craft Group Card making	12 10.45 Exercise to music 2.00 - Table Games	13 10.45 News group  2.00 - Bingo	14 10.45 - Quiz 2.00 Pet therapy 2.00 Physiotherapy FALLS PREVENTION CLASS	15 10.30 Catholic Communion 10.45 Seated Movement 1.30 - Gift Shop	16 10.45 Bingo  2.00 Gentle exercise and quiz	17 10.30 Church Service You Tube SKYPE CALLS 2.00 Entertainment Piano Concert
18 10.45 Karaoke 2.00 - U3A GREAT THOUGHTS Discussion Group	19 10.45 Exercise to music 2.00 - Table Games	20 10.45 News group  2.00 - Bingo	21 10.45 - Quiz  2.00 Pet therapy 2.00 Physiotherapy FALLS PREVENTION CLASS	22 10.30 Catholic Communion 10.45 - Individual visits 2.00 - Ten Pin Bowling	23 10.45 Bingo  2.00 Gentle exercise and quiz	24 10.30 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
25 10.45 Karaoke  CHRISTMAS DAY	26 10.45 Exercise to music 2.00 Afternoon Movie	27 10.45 News group BIRTHDAY PARTY 1.30 - CONCERT SINGING WITH STAN 	28 10.45 - Quiz 2.00 Physiotherapy FALLS PREVENTION CLASS	29 10.30 Catholic Communion 10.45 Seated Movement 2.00 - Table Games	30 10.45 Bingo  2.00 Gentle exercise and quiz	31  2.00 ABC Conversation Hour Podcast