



JANUARY 2024 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.45 Sing along/ karaoke  2.00 Table Games	2 10.45 Exercise to music 2.00 - Pet Therapy 2.00 - Individual Visits	3 10.45 Newsgroup  2.00 Bingo	4 10.45 - Quiz  2.00 Ten Pin Bowling	5 10.45 Seated Movement 2.00 Physiotherapy FALLS PREVENTION CLASS	6 10.45 Bingo  2.00 Gentle exercise and quiz	7 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
8 10.45 Sing along/ karaoke  2.00 Entertainment Thomas - Harpist	9 10.45 Exercise to music  2.00 - Pet Therapy 2.00 - Individual Visits	10 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	11 10.45 - Quiz 2.00 Physiotherapy FALLS PREVENTION CLASS	12 10.45 Seated Movement 2.00 - Putt Putt golf	13 10.45 Bingo  2.00 Gentle exercise and quiz	14 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
15 10.45 Sing along/ karaoke  2.00 Physiotherapy FALLS PREVENTION CLASS	16 10.45 Exercise to music  2.00 Happy hour and Quiz 2.00 - Pet Therapy	17 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	18 10.45 - Quiz  2.00 Table Games 2.00 - Individual Visits	19 10.45 Seated Movement 2.00 - Putt Putt golf	20 10.45 Bingo  2.00 Gentle exercise and quiz	21 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
22 10.45 Sing along/ karaoke  2.00 Physiotherapy FALLS PREVENTION CLASS	23 10.45 Exercise to music  2.00 Great Thoughts Discussion Group 2.00 - Pet Therapy	24 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	25 10.45 - Quiz 2.00 Table Games	26 10.45 Seated Movement  australia day 2.00 - Quiz	27 10.45 Bingo  2.00 Gentle exercise and quiz	28 10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
29 10.45 Sing along/ karaoke  2.00 Physiotherapy FALLS PREVENTION CLASS	30 10.45 Exercise to music  1.30 - Birthday party Concert With Stan 2.00 - Pet Therapy	31 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	 1st - Dom 106th 1st - Ros 4th - Margrett 26th - Jane			DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE