



THOMPSON
HEALTH CARE

FEBRUARY 2024 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6th - Michael 7th - Nell 8th - Gwen G 9th - Philip 9th - Mollie Mc	 12th - Phyllis C 13th - Ivy 14th - Joan 17th - Nadiene 25th - Shirley Chaplain	<p>Please Note St Jude's Church services will be on the 3rd Thursday of each month in 2024</p> 	10.45 - Quiz  2.00 Physiotherapy FALLS PREVENTION CLASS	10.45 Seated Movement 10.45 Catholic Communion 2.00 Put putt golf	10.45 Bingo  2.00 Gentle exercise and quiz	10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
10.45 Sing along/ karaoke  2.00 - Happy Hour	10.45 Exercise to music 2.00 - Pet Therapy	10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	10.45 - Quiz 2.00 Physiotherapy FALLS PREVENTION CLASS	10.45 Seated Movement 10.45 Catholic Communion  2.00 Ten Pin Bowling	10.45 Bingo  2.00 Gentle exercise and quiz	10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
10.45 Sing along/ karaoke 2.00 Board Games	10.45 Exercise to music  2.00 Resident Meeting	<p>VALENTINES DAY</p> 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	11.00 - St Jude's Fellowship Service  2.00 Physiotherapy FALLS PREVENTION CLASS	10.45 Seated Movement 10.45 Catholic Communion 2.00 - Putt Putt golf	10.45 Bingo  2.00 Gentle exercise and quiz	10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
10.45 Sing along/ karaoke  2.00 - Happy Hour	10.45 Exercise to music 2.00 Great Thoughts Discussion Group	10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	10.45 - Quiz  2.00 Physiotherapy FALLS PREVENTION CLASS	10.45 Seated Movement 10.45 Catholic Communion  2.00 Ten Pin Bowling	10.45 Bingo  2.00 Gentle exercise and quiz	10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast
10.45 Sing along/ karaoke 2.00 Board Games	10.45 Exercise to music  1.30 - Birthday party Concert With Stan 2.00 - Pet Therapy	10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo	10.45 - Quiz  2.00 Physiotherapy FALLS PREVENTION CLASS			<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>