

## MARCH 2024 ACTIVITY CALENDAR - BOWRAL HOUSE

HEALTH CARE							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sur	nday
Jappa Bienday	Support Charles	Autumn				2	
st - Elizabeth S 8th - Margaret M 8th - Judy M 9th - Joan F	21st - Julianne 25th - Mavis T 25th - Gwen S 28th - Elaine		DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO	10.45 Seated Movement 10.45 Catholic Communion	10.45 Bingo 300 2.00 Gentle exercise	10.15 Church Service You Tube SKYPE CALLS 2.00 ABC Conversation Hour Podcast	
0th - Beth 0th - Sylvia	31st - Roger		CANCELLATION OR CHANGE	2.00 Put putt golf	and quiz		
4	4	5	6	7 8	3	9	10
10.45 Sing along/ karaoke	10.45 Exercise to music	10.45 Newsgroup	10.45 - Quiz	10.45 Seated Movement 10.45 Catholic Communion	10.45 Bingo 3 Diago 2.00 Gentle exercise	SKYPI	I Tube E CALLS
2.00 - Happy Hour	2.00 - Pet Therapy	2.00 - Bus Trip 2.00 Bingo	2.00 Physiotherapy FALLS PREVENTION CLASS	2.00- ice creamery	and quiz		onversation Podcast
11	I I	12	13 14	4 15	5	16	17
10.45 Sing along/ karaoke	10.45 Exercise to music	10.45 Newsgroup 300 2.00 - Bus Trip	10.45 - Quiz	10.45 Seated Movement 10.45 Catholic Communion	10.45 Bingo <b>Solution</b> 2.00 Gentle exercise and quiz	10.15 Church You	Service Tube CALLS
2.00 Board Games		2.00 Bingo	2.00 Physiotherapy FALLS PREVENTION CLASS	2.00 - Putt Putt golf		2.00 ABC Co Hour	onversation Podcast
18	3	19	20 21	l 22	2	23	24
10.45 Sing along/ karaoke	10.45 Exercise to music	10.45 Newsgroup	11.00 - St Jude's Communion Service	10.45 Seated Movement 10.45 Catholic Communion	10.45 Bingo 2.00 Gentle exercise		Service I Tube E CALLS
2.00 - Happy Hour	2.00 Great Thoughts Discussion Group	2.00 - Bus Trip 2.00 Bingo	2.00 Physiotherapy FALLS PREVENTION CLASS	2.00- milk shake bar	and quiz	2.00 ABC Conversation Hour Podcast	
25	5	26	27 28	3 29		31	
10.45 Sing along/ karaoke	10.45 Exercise to music	10.45 Newsgroup	10.45 - Quiz	GOOD FRIDAY	EASTER SATURDAY	EASTER SUNI 1st APRIL	DAY
2.00 Board Games	1.30 - Brithuay party Concert With Stan 2.00 - Pet Therapy	2.00 - Bus Trip 2.00 Bingo	2.00 Physiother				