

## MARCH 2024 ACTIVITY CALENDAR - BOWRAL HOUSE



| HEALTH CARE   |   |   | • 1  | <u> </u>   |  |   |
|---|---|---|--|--|--|---|
| Monday  | Tuesday   | Wednesday                                   | Thursday   | Friday   | Saturday                                     | Sunday  |
| st - Elizabeth S th - Margaret M th - Judy M th - Joan F Oth - Beth | 21st - Julianne<br>25th - Mavis T<br>25th - Gwen S<br>28th - Elaine<br>31st - Roger | Autumn                                      | DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE | 10.45 Seated Movement 10.45 Catholic Communion  2.00 Put putt golf     | 2 10.45 Bingo  2.00 Gentle exercise and quiz | 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast                   |
|   | 4   | 5   | 6 7  | 8  | 9  | 1   |
| 10.45 Sing along  | 10.45 Exercise to music   | 10.45 Newsgroup                             | 10.45 - Quiz   | 10.45 Seated Movement 10.45 Catholic Communion                         | 10.45 Bingo  2.00 Gentle exercise and quiz   | 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation                                |
| 2.00 - Happy Hour   | 2.00 - Pet Therapy  | 2.00 Bingo                                  | 2.00 Physiotherapy FALLS PREVENTION CLASS  | 2.00 Ice creamery  |  | Hour Podcast  |
| 1   | 1   | 2   | 13 14  | 15   | 16   |   |
| 2.00 Concert with Maureen & Bruce                                   | 10.45 Exercise to music  Art & craft  | 10.45 Newsgroup  2.00 Bingo                 | 2.00 Physiotherapy FALLS PREVENTION CLASS  | 10.45 Seated Movement 10.45 Catholic Communion  2.00 - Ten pin bowling | 2.00 Gentle exercise and quiz                | St Patrick's Day  10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast |
| 1   | 8   | 9   | 20 21  | 22   | FALSE  |   |
| 2.00 - Happy Hour   | 2.00 Great Thoughts Discussion Group  | 10.45 Newsgroup  2.00 Bingo                 | 11.00 - St Jude's Communion Service  2.00 Physiotherapy FALLS PREVENTION CLASS           | 10.45 Seated Movement 10.45 Catholic Communion  2.00 Milkshake bar     | 2.00 Gentle exercise and quiz                | 10.15 Church Service You Tube SKYPE CALLS  2.00 ABC Conversation Hour Podcast                   |
|   | 2   | 3   | 4 28   | GOOD FRIDAY 29   | EASTER SATURDAY 30                           | EASTER SUNDAY 31  |
| 10.45 Sing along  2.00 Board Games                                  | 1.30 - Birthday party Concert With Stan 2.00 - Pet Therapy                          | 10.45 Newsgroup  2.00 - Bus Trip 2.00 Bingo | 2.00 Physiotherapy FALLS PREVENTION CLASS  | 10.45 Seated Movement  GAME  JULE 1  2.00 Board Games                  | 10.45 Bingo  2.00 Gentle exercise and quiz   | 10.15 Church Service You Tube  2.00 ABC Conversation Hour Podcast                               |