






















THOMPSON
HEALTH CARE

MAY 2024 ACTIVITY CALENDAR - BOWRAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>6</p> <p>10.45 Sing along</p>  <p>2.00 Ainsley Gift shop</p>	 <p>7</p> <p>10.45 Exercise to music</p>  <p>2.00 Sing Australia choir</p>	<p>1</p> <p>10.45 Newsgroup</p>  <p>2.00 Bingo 2.00 Bus Trip</p>	<p>2</p> <p>10.45 - Quiz</p>  <p>2.00 Put putt golf</p> 	<p>3</p> <p>10.45 Seated Movement</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>4</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p>5</p> <p>SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p> 
<p>13</p> <p>10.45 Sing along</p>  <p>2.00 - Happy Hour</p>	<p>14</p> <p>10.45 Exercise to music</p>  <p>2.00 - Quiz</p>	<p>15</p> <p>10.45 Newsgroup</p>  <p>2.00 Bingo 2.00 Bus Trip</p>	<p>16</p> <p>11.00 - St Jude's Communion Service</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> 	<p>17</p> <p>10.45 Seated Movement 10.45 Catholic Communion</p>  <p>2.00 Put putt golf</p>	<p>18</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p>19</p> <p>SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p> 
<p>20</p> <p>10.45 Sing along</p>  <p>2.00 Board Games</p>	<p>21</p> <p>10.45 Exercise to music</p>  <p>2.00 Great Thoughts Discussion Group</p>	<p>22</p> <p>10.45 Newsgroup</p>  <p>2.00 Bingo 2.00 Bus Trip</p>	<p>23</p> <p>11.00 - St Jude's Communion Service</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p>	<p>24</p> <p>10.45 Seated Movement 10.45 Catholic Communion</p>  <p>2.00 Ice cream bar</p>	<p>25</p> <p>10.45 Bingo</p>  <p>2.00 Gentle exercise and quiz</p>	<p>26</p> <p>SKYPE CALLS</p> <p>2.00 ABC Conversation Hour Podcast</p> 
<p>27</p> <p>10.45 Sing along</p>  <p>2.00 - Happy Hour</p>	<p>28</p> <p>10.45 Exercise to music</p>  <p>1.30 - Birthday party Concert With Stan</p>	<p>29</p> <p>10.45 Newsgroup</p>  <p>2.00 Bingo 2.00 Bus Trip</p>	<p>30</p> <p>10.45 - Quiz</p>  <p>2.00 Physiotherapy FALLS PREVENTION CLASS</p> 	<p>31</p> <p>10.45 Seated Movement 10.45 Catholic Communion</p>  <p>2.00 Put putt golf</p>	 <p>2nd - David M 7th - Eily 25th - Kathleen</p>	<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>