



THOMPSON
HEALTH CARE

AUGUST 2024 ACTIVITY CALENDAR - BOWRAL HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE	 3rd - Susan S 16th - Tolly 20th - David 22nd - John S 26th - Thea 27th - Ina 28th - Judith H		10.45 - Quiz  2.00 Put putt golf 	2 10.45 Exercise to music 10.45 Catholic Communion 2.00 Physiotherapy FALLS PREVENTION CLASS	3 10.45 Bingo  2.00 Gentle exercise and quiz 	4 SKYPE CALLS Individual visits  2.00 Conversation Hour ABC Radio Podcast
5 10.45 Sing along   2.00 Board games	6 10.45 Exercise to music  2.00 Pet Therapy 2.00 Sing Australia Choir	7 10.45 Newsgroup  2.00 Bingo	8 10.45 - Quiz   2.00 - Ainsley Gift Shop	9 10.45 Exercise to music 10.45 Catholic Communion 2.00 Physiotherapy FALLS PREVENTION CLASS	10 10.45 Bingo  2.00 Gentle exercise and quiz 	11 SKYPE CALLS Individual visits  2.00 Conversation Hour ABC Radio Podcast
12 10.45 Sing along  2.00 Guest Speaker Peter Kearney "Sidetracks of the Southern Highlands" Audio Visual Presentation	13 10.45 Exercise to music  2.00 Resident Meeting 2.00 Pet Therapy	14 10.45 Newsgroup  2.00 Bingo	15 11.00 - St Jude's Church Fellowship Service  2.00 Board games 	16 10.45 Exercise to music 10.45 Catholic Communion   2.00 Physiotherapy FALLS PREVENTION CLASS	17 10.45 Bingo  2.00 Gentle exercise and quiz 	18 SKYPE CALLS Individual visits  2.00 Conversation Hour ABC Radio Podcast
19 10.45 Sing along   2.00 Board games	20 10.45 Exercise to music  2.00 Pet Therapy 2.00 Great Thoughts Discussion Group	21 10.45 Newsgroup  2.00 Bingo	22 10.45 - Quiz  2.00 Put putt golf 	23 10.45 Exercise to music 10.45 Catholic Communion  2.00 - Ice cream Bar	24 10.45 Bingo  2.00 Gentle exercise and quiz 	25 SKYPE CALLS Individual visits  2.00 Conversation Hour ABC Radio Podcast
26 10.45 Sing along  2.00 Concert with Maureen & Bruce	27 10.45 Exercise to music  2.00 Pet Therapy 1.30 Birthday Party with Stan singing	28 10.45 Newsgroup  2.00 Bingo	29 10.45 - Quiz  2.00 Put putt golf 	30 10.45 Exercise to music 10.45 Catholic Communion   2.00 Physiotherapy FALLS PREVENTION CLASS	31 10.45 Bingo  2.00 Gentle exercise and quiz 	