

TELEPHONE:  
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## MONTHLY PROGRAM

### Friday Bowral Group

February 2026

Friday 6<sup>th</sup> February 2026

Arm Chair Travel

Come and explore with us the beautiful place of Austria.

Friday 13<sup>th</sup> February 2026

Tai Chi

Today Anthony will be coming to do some Tai Chi with us

Friday 20<sup>th</sup> February 2026

Active Bingo

Today we will be playing our Favorite numbers game with added exercises. Come and join in the fun,  
Please bring a small prize for the bingo basket

Friday 27<sup>th</sup> February 2026

Radio Day

Today we will be talking about the radio and reminisce about past shows.

Come and hear some interesting facts about the radio

A lovely morning tea and delicious, nutritious two  
Course lunch is served each day

For Fun & Friendship