

MONTHLY PROGRAM

Friday Bowral Group

February 2026

Friday 6th February 2026

Arm Chair Travel

Come and explore with us the beautiful place of Austria.

Friday 13th February 2026

Tai Chi

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

Friday 20th February 2026

Active Bingo

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

Friday 27th 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**