





















# July ACTIVITY PROGRAM GRG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ACTIVITIES ARE FREE TO ATTEND AND ARE RUN BY YOUR FRIENDLY LEISURE &amp; LIFESTYLE OFFICER.</p> <p>EVERYONE IS ENCOURAGED TO JOIN IN.</p>						
	<p><b>1 PUBLIC HOLIDAY</b></p> <p>Townsville Show Day</p>	<p><b>2</b> (Doctors Rounds) </p> <p>10:30am NAIDOC Craft</p> 	<p><b>3</b> Morning Greetings </p> <p>10:00am Mens Shed</p> <p>AM Buggy Rides</p> <p>10.30am Chair Yoga RH</p> <p>PM Buggy Rides</p> <p>PM Yarning Circle</p>	<p><b>4</b> (Doctors Rounds) </p> 	<p><b>5</b> 10:15am Church </p> <p>10:30am Friday Fishing</p>	<b>6</b>
<b>7</b>	<p><b>8</b> Morning Greetings</p> <p>10 – 12 Puppy visit &amp; cuddles (Angel Paws)</p>  <p>PM Bus Drive &amp; Icecream</p>	<p><b>9</b> Morning Greetings</p> <p>10:30am Wing Bingo</p>  <p>PM Heartbeat RH </p>	<p><b>10</b> Morning Greetings</p> <p>10.30am Chair Yoga RH</p> <p><b>BUGGY RIDES ALL DAY</b> </p>	<p><b>11</b> (Doctors Rounds)</p> <p>10:30am Trevor Owen RH </p>	<p><b>12</b> 10:15am Church </p> <p>11:30am Deadly Day Out</p>	<b>13</b>
<b>14</b>	<p><b>15</b> Morning Greetings </p> <p>10:30am Tropical Squeeze RH</p> <p>PM Bus Drive &amp; Icecream</p>	<p><b>16</b> (Doctors Rounds)</p> <p>10:30am Wing Bingo</p> 	<p><b>17</b> Morning Greetings </p> <p>10:00am Mens Shed</p> <p>10:30am Chair Yoga RH</p> <p>AM Catholic Mass (chapel)</p> <p>PM Buggy Rides</p> <p>PM Yarning Circle</p>	<p><b>18</b> (Doctors Rounds)</p> <p>Am Bus Drive &amp; Icecream</p> 	<p><b>19</b> 10:15am Church </p> <p>10:30am Friday Fishing</p>	<b>20</b>
<b>21</b>	<p><b>22</b> Morning Greetings</p>  <p>PM Bus Drive &amp; Icecream</p>	<p><b>23</b> Morning Greetings</p> <p>Am Art &amp; Craft </p> <p>1.30pm Heartbeat </p>	<p><b>24</b> Morning Greetings</p> <p><b>BUGGY RIDES ALL DAY</b> </p>	<p><b>25</b> (Doctors Rounds)</p> <p>10:30am Trevor Owen RH </p>  <p>PM Bus Drive</p>	<p><b>26</b> 10:15am Church </p>	<b>27</b>
<b>28</b>	<p><b>29</b> Morning Greetings</p> <p>10:30am Cooking</p>  <p>PM Bus Drive &amp; Icecream</p>	<p><b>30</b> (Doctors Rounds)</p> <p>10:30am Pelorus Pals RH </p>	<p><b>31</b> Morning Greetings</p> <p>10:30am Chair Yoga RH</p> <p>PM Iggy Park Boys – Games in Rotary Hall</p>			