

# BD Activities Program

## March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 <p><b>International Women's Day</b> #IWD2023 #EmbraceEquity</p>		<p><b>1</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Creative Art Hour 2pm: Master Balance</p>	<p><b>2</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Knitting Group w/ Pam 2pm: Piano Singalong w/ Geoff</p>	<p><b>3</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Motiview 1:30pm: HAPPY HOUR 2pm: Master Balance</p>	 <p><b>'PEDAL 4 PARKINSON'S'</b></p> <p>JOIN US IN THE FIGHT AGAINST PARKINSON'S DISEASE</p> <p>Wednesday 1st March - Friday 31st March</p> <p>TO MAKE A DONATION, PLEASE SCAN QR CODE</p> <p>OR VISIT OUR WEBSITE HARBISON.ORG.AU</p>	
<p><b>6</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Whiteboard Word Puzzles 1:30pm: Pottery Group w/ Courtney + Darleen 1:30pm: Motiview Pedal 4 Parkinsons</p>	<p><b>7</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Bingo 11:30am: Walk n' Talk 1:30pm: Carpet Bowls</p>	<p><b>8 INT. WOMENS DAY</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 10am: Int. Womens Day Celebration w/ Guest Speaker Valentina Borbone 1:30pm: Creative Art Hour 2pm: Master Balance</p>	<p><b>9</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Chapel</p>	<p><b>10</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls 1:30pm: Bridge Club 1:30pm: HAPPY HOUR 2pm: Master Balance</p>	 <p><b>HAPPY ST. PATRICK'S DAY!</b></p>	
<p><b>13</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Whiteboard Word Puzzles</p>	<p><b>14</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Bingo 11:30am: Walk n' Talk 1:30pm: Carpet Bowls</p>	<p><b>15</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Creative Art Hour 2pm: Master Balance</p>	<p><b>16</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 11am: St.Judes Anglican Fellowship 1:30pm: Knitting Group w/ Pam 2pm: Piano Singalong w/ Geoff</p>	<p><b>17 ST.PATRICKS DAY</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls 1:30pm: ST.PATRICKS DAY THEMED IRISH HAPPY HOUR 2pm: Master Balance</p>		
<p><b>20</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Whiteboard Word Puzzles</p>	<p><b>21 HARMONY DAY</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Bingo 11:30am: Walk n' Talk 1:30pm: Carpet Bowls</p>	<p><b>22</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Creative Art Hour 1:30pm: Motiview Pedal 4 Parkinsons 2pm: Master Balance</p>	<p><b>23</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Chapel 1:30pm: Motiview Pedal 4 Parkinsons</p>	<p><b>24</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls 1:30pm: Bridge Club 1:30pm: HAPPY HOUR 1:30pm: Motiview Pedal 4 Parkinsons 2pm: Master Balance</p>		
<p><b>27</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Whiteboard Word Puzzles</p>	<p><b>28</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio 10:30am: Bingo 11:30am: Walk n' Talk 1:30pm: Carpet Bowls</p>	<p><b>29</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 1:30pm: Creative Art Hour 2pm: Master Balance</p>	<p><b>30</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am: Harbison Playgroup in Jensen Room 9:30am + 10:30am: Get Moving w/ Physio</p>	<p><b>31</b> All Day From 8:30am: Motiview Pedal 4 Parkinsons 9:30am + 10:30am: Get Moving w/ Physio 11am: Bocce Spider Bowls 1:30pm: HAPPY HOUR 2pm: Master Balance</p>		

Activities are subject to change due to unforeseen circumstances.