

# LIFESTYLE PROGRAM – St. Claire’s

~ January 2018 ~

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Happy New Year</b>  Rosary daily at 3:30pm	<b>2</b> 10am Table bobs 10:45am Folding and sorting 1pm Hand massage 2pm Bocce	<b>3</b> 10am Gentle exercises 10:45am Hooks and Darts 1pm Puzzle Club 2pm Beauty therapy	<b>4</b> <b>10am City Bus Tour</b> 10:45am Gardening/flowers <b>1pm La Befana visits</b> 2pm Photos and reminiscence	<b>5</b> 10am Singing and dancing 1pm Card Games 2pm Movie and gelato
<b>8</b> 10am Weights Group 10:45am Wool & knitters group <b>1pm Test cricket afternoon tea</b> or travel discussion 2pm Doll therapy	<b>9</b> <b>10am Eltham Bus Tour</b> 10:45am Fruit Art Group 1pm Hand massage 2pm Christmas pack up	<b>10</b> 10am Ball and balloon games 10:45am Conductrices 1pm Il Globo and news update 2pm Ten Pin Bowling	<b>11</b> 10am Coffee Club 1pm Card Games 2pm House Keeping group	<b>12</b> <b>10am Singing, dancing &amp; BBQ</b> 1pm Photo discussion and reminiscence 2pm Movie and gelato
<b>15</b> 10am Gentle exercises 10:45am Hooks and Darts 1pm Men's Group 2pm Bocce	<b>16</b> <b>10am Smoothies &amp; milk shakes</b> 1pm Puzzle Club 2pm Men's Choir or hand massage	<b>17</b> <b>10am Mass</b> 10:45am Australia Day Craft 1pm Memory games 2pm Movie and gelato	<b>18</b> 10am Tombola 1pm Doll therapy 2pm Beauty therapy	<b>19</b> 10 am Singing and dancing <b>1pm Carlton Bus Tour</b> 1pm Card Games 2pm Table bobs
<b>22</b> 10am Coffee Club 1pm Decoration and art group	<b>23</b> 10am Gentle exercises 10:45am Gardening/ flowers 1pm Hand massage 2pm House Keeping Group	<b>24</b> <b>10am Warrandyte Bus Tour</b> <b>10am Cooking</b> 1pm Photo reminiscence 2pm Bocce	<b>25</b> 10am Singing and dancing 1pm Card Games 2pm Movie and gelato	<b>26</b> <b>1pm Australia Day Activity</b> 3:30pm Rosary
<b>29</b> 10am Weights Group 10:45am Gardening/ flowers 1pm Puzzle Club 2pm Doll therapy	<b>30</b> 10am Conductasise 10:45am Balloon Tennis 1pm Hand massage 2pm Tombola	<b>31</b> <b>10am Fairfield Park Bus Tour</b> 10:30am Carnevale craft 1pm Ten Pin Bowling 2pm Birthdays		