

LIFESTYLE PROGRAM - St. Francis

~ January 2018 ~

Mon	Tue	Wed	Thu	Fri
1 New Year's Day	2 10am Floor Tombola 1:15pm Rosary 1:45pm Beauty therapy	3 10am Mass 11m Sing-along group 1:15pm Cooking	4 10am City Bus Tour 10:30am Exercises & ball games 11am La Befana Visits 1:15pm Rosary 1:45pm Movie Screening & gelato	5 10am Bocce 1:15pm Rosary 1:45pm Doll therapy 2:45pm Housekeeping
8 10am Coffee Club 1:15pm Rosary 1:45pm Puzzle Club 2:45pm Jewellery making	9 10am Eltham Bus Tour 10:30am Balloon tennis 1:15pm Rosary 1:45pm Photos & reminiscence 3pm Hand massages	10 10am Memory games and discussion group 1:15pm Rosary 1:45pm Australia Day Craft 3pm Poetry reading	11 10am Ten Pin Bowling 1:15pm Rosary 1:45pm Afternoon tea in the garden 2:45pm Card games	12 10am Gentle exercises 11am Laughter therapy 1:15pm Rosary 1:45pm Table bobs 2:45pm Travel discussion
15 10am Balloon Tennis 1:15pm Rosary 1:45pm Memory games 2:45pm Knitters and wool group	16 10am Tombola 1:15pm Rosary 1:45pm Men's Choir or housekeeping group	17 10:45am Sing-along group 1:15pm Rosary 1:45pm Beauty therapy	18 10am Bocce 1:15pm Rosary 1:45pm Pasta making	19 10am Gentle exercises & ball games 1pm Carlton Bus Tour 1:15pm Rosary 1:45pm Movie and gelato
22 10am Memory games and discussion group 1:15pm Rosary 1:45pm Hand massages 2:45pm Tombola	23 10am Ten Pin Bowling 1:15pm Rosary 2:45pm Cooking	24 10am Warrandyte Bus Tour 10:30am Morning tea in the garden 1:15pm Rosary 1:45pm Social group or Balloon games 2:45pm Floor Tombola	25 10am Coffee Club 1:15pm Rosary 1:45pm Card Games 2:45pm Knitters and wool group	26 1:15pm Rosary 2:30pm Australia Day Activity
29 10am Bocce 11am Summer BBQ 1:15pm Rosary 1:45pm Movie and gelato	30 10am Floor Tombola 1:15pm Rosary 1:45pm Doll therapy 2:45pm Housekeeping	31 10am Fairfield Park Bus Tour 1:15pm Rosary 1:45pm January Birthdays Party 3pm Hand massages		