

LIFESTYLE PROGRAM – St Claire

~ November 2017 ~

Mon	Tue	Wed	Thu	Fri
		1 10am Exercise group and ball games 1pm Hand massage 2pm Bocce	2 10am Wildlife Tour 10:30am Conductasize 1pm Puzzle club 2pm Tombola	3 10am Music and Dancing 1pm Doll therapy 2pm House keeping group
6 10am Exercise group and ball games 1pm Reading Group 2pm Christmas Craft	7 Melbourne Cup (VIC)	8 10am Coffee Club 1pm Puzzle club 2pm Memory Games	9 9:30am Spring Carnival Party/ 100th birthday 1pm Ipad discovery and magazine discussion 2pm Beauty therapy	10 10am Music and Dancing 1pm Reminiscence and travel discussion 2pm Movie and gelato
13 10am Table bobs 1pm Fruit salad art	14 10am Ball Games and BBQ 1pm Christmas Craft	15 10am Mass 10:45am Men's group 1pm Wool and sorting group 2pm Poetry and sing along	16 10am Exercise group and ball games 2:30pm Movie and gelato	17 10am Music and Dancing 1pm Hand massage 2pm Movie and gelato
20 10am Exercise group and ball games 1pm Doll therapy 2pm House keeping group	21 10am Family photos and discussion 1pm Cooking Group	22 10am Bocce 1pm Puzzle club 2pm Beauty therapy	23 10am Reading group 1pm Memory games 2pm Table bobs	24 10am Music and Dancing 1pm Hooks and darts games 2pm Movie and gelato
27 10am Ten pin bowling 1pm Puzzle club 2pm Christmas Craft	28 10am Conductasize 1pm Ipad discovery and magazine discussion 2pm Tombola	29 10am Christmas Decorating 1pm Birthday Party 2pm Hand Massage	30 10am Christmas Decorating 1pm Christmas Craft 3:15pm Musical and gelato	