

# LIFESTYLE PROGRAM - St. Claire

~ February 2018 ~

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 10am Bocce 11am Walks and Gardening Group 1pm Il Globo news & discussion 2pm Tombola 3:30pm Rosary	<b>2</b> 10am Singing and dancing 1pm Card games 2pm Movie and gelato 3:30pm Rosary
<b>5</b> 10am Weighted exercises 10:45am Outdoor walks and gardening group <b>1pm Pasta making</b> 2:30pm Rosary	<b>6</b> 10am Balloon Tennis 1pm Card Games 2pm Floor Tombola 2:30pm Rosary	<b>7</b> 10am Gentle exercises 10:45am Ten Pin Bowling 1pm Hand Massages <b>2pm Carnevale</b> or Movie Screening 3:30pm Rosary	<b>8</b> 10am Tombola 1pm Beauty therapy 2pm House keeping group 3:30pm Rosary	<b>9</b> 10am Singing and dancing 1pm Travel discussion and ipads or <b>Bundoorra Tour Bus Trip</b> 2:30pm Ball Games 3:30pm Rosary
<b>12</b> 10am Bocce 1pm Hand massages 2pm Men's group 3:30pm Rosary	<b>13</b> 10am Gardening and walking <b>10:45am Monthly BBQ</b> 1pm Travel discussion and ipads 2pm Movie and gelato 3:30pm Rosary	<b>14</b> 10am Tombola 1pm Valentine's Day Craft 3:30pm Rosary	<b>15</b> 10am Yan Yean Tour/Coffee Club 1pm Beauty therapy <b>2pm Valentine's Day Party</b> or poetry reading 3:30pm Rosary	<b>16</b> 10am Singing and dancing 1pm Card Games 2pm Floor Tombola 3:30pm Rosary
<b>19</b> 10am Weighted exercises 10:45am Table bobs 1pm Photo & family reminiscence 2pm House keeping group 3:30pm Rosary	<b>20</b> 10am Westerfolds Tour Bus Trip 10:15am Balloon Tennis 1pm Il Globo discussion 2pm Men's Choir/Movie and Gelato 3:30pm Rosary	<b>21</b> <b>10am Mass</b> 10:45am Beauty therapy 1pm Italian cooking	<b>22</b> <b>9:45am Migrant story interviews</b> 10:45am Gentle exercises 1pm Men's Group 2:30pm Ball Games 3:30pm Rosary	<b>23</b> 10am Singing and dancing 1pm Craft Group 2pm Memory Games 3:30pm Rosary
<b>26</b> 10am Gentle exercises 10:45am Ten Pin Bowling 1pm Hand massage 2pm Movie and gelato 3:30pm Rosary	<b>27</b> <b>10am Warrandyte Bus Trip</b> 10:15am Bocce 1pm Card Games 2pm House keeping group 3:30pm Rosary	<b>28</b> 10am Tombola 1pm Travel discussion and ipads <b>2pm February birthday Party</b> 3:30pm Rosary	 <small>An Italian-Australian Community Project</small>	