

LIFESTYLE PROGRAM - Padre Pio, St. Anthony & St. Catherine
 ~ July 2018 ~

Mon	Tue	Wed	Thu	Fri
2 10am Gentle exercises and walking group * 1:30pm Tombola	3 9:45am Italian music 10am Exercises St. Catherine 10am Local coffee bus trip 2:30pm Tombola	4 10:45am Cards Group 2pm Social Group	5 10am Gentle exercises 1pm Veneto bus trip 1:30pm Movie Screening 2pm Computer Class	6 9:45am Tai Chi/Sing along 1pm Buono Gusto Café 1:30pm Tombola
9 10am Gentle exercises and walking group 1:30pm Tombola	10 10am Studley Park Bus Tour 10am Weighted exercises 1pm Science works bus trip 1:30pm Tombola	11 10am Mass 11:15am Italian Music 2pm Bastille Day	12 9:45am Gentle exercises and Sing along 1:30pm Movie Screening	13 10am Mini Golf: St. Catherine's 1pm Immigration Museum BT 1:30pm Tombola
16 10am Exercises and walking group 1:30pm Tombola 2:15pm World Cup Screening	17 9:30am Bowling Bus trip 9:45am Card Group 1:30pm Tombola 2pm Men's Choir	18 10:30am Chiropractor's Morning Tea 11:30am Furlan Club BT 2pm Cooking in St. Catherine's	19 9:30am Chestnut Cooking 2pm Piedmont Cultural Winter Party	20 9:45am Tai Chi & Singalong 1pm Screen world exhibition bus trip 1:30pm Tombola
23 9:45am Exercises and walking group 1:30pm Tombola	24 10am Weights Group 1pm Shopping Bus Trip 1:30pm Tombola	25 10am Mass 11:15am Choir Practice 2pm Birthday Party July	26 10am Exercises and Billiards 1pm Wesley Bus Trip 1:30pm Computer Class 1:30pm Movie Screening	27 9:45am Italian Music 10am Bocce: St. Catherine's 1pm Lower Plenty Hotel BT 1:30pm Tombola
30 9:45am Exercises and walking group 11am Rosary 1:30pm Tombola * Rosary every day	31 9:30am Coffee Club in St. Catherine's 10am Carlton Bus Tour 11am Rosary 1:30pm School Concert 1:30pm Tombola			