


LIFESTYLE PROGRAM - St. Claire

~ July 2018 ~

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:15am Balloon Tennis	10am Gentle Exercises	10am Bundoora Bus Tour	10am Making Crostoli	10am Music and dancing
1pm Walking in Garden	10:45am Ball Games	10am Puzzle Club	1pm Newspaper discussion	1pm Doll Therapy
2pm House Keeping	1pm Wool and Button Sorting	11am News discussion	2:30pm Floor Tombola	2pm Ten Pin Bowling
	2pm Bocce	1pm Colour Match Game		
		2:30pm Soccer screening		
9	10	11	12	13
10am Tombola	10am Balloon Tennis	10am Eltham Bus Tour	10am Quoits	10am Music and dancing
1pm Card Games	10:45am Housekeeping	10am Gentle exercises	10:45am Basketball	1pm Puzzle Club
2pm Bocce	1pm Beauty Therapy	10:45am Ball Games	1pm Newspaper discussion	2pm Ten Pin Bowling
	2pm Travel discussion	1pm Walk in the Garden	2pm Colour match game	
		2pm Bastille day or Movie		
16	17	18	19	20
10am Coffee Club	10am Gentle exercises	10am Floor Tombola	10am Yan Yean Bus Tour	10am Music and dancing
1pm Housekeeping	10:45am Ball Games	10:45am Card Games	10:15am Bocce	1pm Beauty Therapy
2:30pm Floor bobs	1pm Italian Cooking or Men's Choir	1pm Travel Stories	1pm Laughter Therapy	2pm Ferragosto Craft
		2pm Colour match game	2pm Winter Party or Movie	
23	24	25	26	27
10am Tombola	10am Ten pin bowling	10am Coburg bus tour	10am Balloon Tennis	10am Music and dancing
1pm Wool and Button Sorting	1pm Doll Therapy	10am Gentle exercises	1pm Puzzle Club	1pm Magazine discussion and iPad discovery
2pm Bocce	2pm Pasta Making	10:45am Ball Games	2:30pm Colour match game	2:30pm Floor Tombola
		1pm Hand Massage		
		2pm Movie Screening		
30	31			
10am Coffee Club	10am Craft Group			
1pm Family discussion	1pm Hand Massage			
2:30pm Floor bobs	2pm Bocce			