

LIFESTYLE PROGRAM – St. Claire

~ June 2018 ~

Mon	Tue	Wed	Thu	Fri
				1 10am Gentle exercises 10:45am Balloon Tennis 1pm Il Globo update and discussion 2pm Movie and gelato
4 10am Bocce 1pm Walking and Gardening Group 2:30pm Darts and Quoits	5 10am Magazine discussion 10:45am Floor Tombola 1pm Beauty therapy 2pm Memory Games	6 10am Movement to music 10:45am Reading Group 1pm Puzzle Club 2pm Ten Pin Bowling	7 10am Card Games 10am Carlton Bus Tour 10:45am Table Bobs 1pm Photo reminiscence 2:30pm Ball Games	8 10am Music and Dancing 1pm Mystery box game 2pm Movie and gelato
11 	12 10am Gentle exercises 10:45am Balloon Tennis 1pm Pasta making	13 10am Studley Park Bus Tour 10am Tombola 1pm Walking/Gardening Club 2pm Bocce	14 10pm Tai Chi 10:45pm Card Games 1pm Travel conversations 2pm Floor Tombola	15 10am Music and dancing 1pm Puzzle Club 2pm Movie and gelato
18 10am Singalong and laughter therapy 1pm Hand Massages 2pm Housekeeping Group	19 10am Colour Match Game 10:45am Reading Group 1pm Traditional Cooking	20 10am Mass 10:45am Card Games 1am Puzzle Club 2:30am Darts and Quoits	21 10am Craft Group 10:45am Balloon Tennis 1pm Memory Games 2pm Movie and Gelato	22 10am Music and dancing 1pm Walking and Gardening Group 2pm Ten Pin Bowling
25 10am Coffee Club 1pm Hand Massages 2pm Floor Tombola	26 10am Card Games 10am City Bus Tour 10:45am Floor bobs 1pm Mystery box game 2pm Bocce	27 10am Movement to music 1pm June Birthday Party 2:30pm Colour Match Game	28 10am Tai Chi 10:45am Reading Group 1pm Pasta Making	29 10am Music and dancing 1pm Puzzle Club 2pm Balloon Tennis