

## LIFESTYLE PROGRAM - St. Claire

~ August 2018 ~

| Mon   | Tue   | Wed                                 | Thu   | Fri                            |
|---|---|-------------------------------------|---|--------------------------------|
|  | <b>Rosary Daily at 3:30pm</b>                       | <b>1</b>                            | <b>2</b>                                    | <b>3</b>                       |
|   |   | 10am Tombola                        | 10am Gentle exercises                       | 10am Music and dancing         |
|   |   | 1pm Reading Group                   | 10:45am Ball Games                          | 1pm Card Game and board games  |
|   |   | 2pm Sing along and laughter therapy | 1pm Hand massage<br>2:15pm Quoits and Darts | 2pm Floor bobs                 |
| <b>6</b>  | <b>7</b>  | <b>8</b>                            | <b>9</b>                                    | <b>10</b>                      |
| 10am Newspaper discussion   | 10am Bocce  | <b>10am Mass</b>                    | 10am Tombola                                | <b>10am St. Claire's Party</b> |
| 10:45am Beauty therapy  | 1pm Men's Group                                     | 10:45am Tai Chi                     | 1pm Mystery box                             | 1pm Basketball                 |
| 1pm Puzzle club   | 2pm Movie and gelato                                | 1pm Reading Group                   | 2pm Ten Pin Bowling                         | 2pm Housekeeping group         |
| 2pm Balloon Tennis  |   | 2pm Floor tombola                   |   |                                |
| <b>13</b>   | <b>14</b>   | <b>15</b>                           | <b>16</b>                                   | <b>17</b>                      |
| <b>10am Coffee Club</b>   | 10am Gentle exercises                               | 10am Balloon Tennis                 | 10am Pasta making                           | 10am Card games                |
| 1pm Card Game and board games   | 10:45am Ball Games                                  | 1pm Reading Group                   | 1pm Floor bobs                              | 10:45am Decoration making      |
| 2pm Colour match game   | 1pm Father's Day Craft<br>2pm Movie and gelato      | 2pm Memory Games                    | 2pm Doll therapy                            | <b>1:30pm Ferragosto Party</b> |
| <b>20</b>   | <b>21</b>   | <b>22</b>                           | <b>23</b>                                   | <b>24</b>                      |
| 10am Tombola  | 10am Mystery Box                                    | 10am Bocce                          | <b>10am Studley Park Bus Trip</b>           | 10am Music and dancing         |
| 1pm Hand Massage  | 10:45am Tai chi                                     | 1pm Reading Group                   | 10:30am Balloon Tennis                      | 1pm Wool and sorting group     |
| 2pm Ten Pin Bowling   | 1pm Puzzle Club<br><b>2pm Men's Choir</b> or Quoits | 2pm Movie and gelato                | 1pm Memory Games<br>2pm Movie and gelato    | 2pm Floor Tombola              |
| <b>27</b>   | <b>28</b>   | <b>29</b>                           | <b>30</b>                                   | <b>31</b>                      |
| 10am Newspaper discussion   | 10am Bocce  | 10am Coffee Club                    | <b>10am Carlton Bus Trip</b>                | 10am Music and dancing         |
| 10:30am Beauty therapy  | 1pm Fruit Art Group                                 | 1pm Card Game and board games       | 10:30am Tombola                             | 1pm Puzzle Club                |
| 1pm Father's Day Craft  |   | <b>2pm August Birthday Party</b>    | 1pm Hand massage                            | 2pm Balloon Tennis             |
| 2pm Floor bobs  |   |                                     | 2pm Ten Pin Bowling                         |                                |