


LIFESTYLE PROGRAM - Padre Pio, St. Anthony & St. Catherine

~ September 2018 ~

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10am Exercises and Men's Group	9:45am Weighted exercise	10am Classic Car show	10am Exercises and walking group	10am Craft Group
11am Rosary	10am Father's Day BT	Bus Trip	11am Rosary	11am Rosary
1:30pm Tombola	11am Rosary	10am Rosary	11am Rosary	1pm Fin's reserve bus trip
	1:30pm Tombola	10:45am Sing along and laughter therapy	1pm Retreat Hotel Bus Trip	1:30pm Tombola
		2pm Social Club	2pm Card Games	
10	11	12	13	14
10am Exercises and walking group	9:45am Tai Chi	10am Mass	10am Exercises and walking group	9:45am Cards Group
11am Rosary	11am Rosary	1:30pm Movie Screening	11am Rosary	11am Rosary
1:30pm Tombola	1pm Shopping Bus Trip	3pm Bocce	1pm Veneto Bus Trip	12:45pm Italian Film Festival Bus Trip
	1:30pm Tombola		2pm Computer Class	1:30pm Tombola
17	18	19	20	21
10am Exercises and Men's Group	10am Eltham Bus Trip	10am Rosary	10am Calabria Cultural Lunch	9:45am Exercises and walking group
11am Rosary	10am Sing along and laughter therapy	10:45am Weighted exercises	11am Rosary	11am Rosary
1:30pm Tombola	11am Rosary	1pm Lawn Bowling Bus Trip	1pm Collingwood Farm Bus Trip	1:30pm Tombola
	1:30pm Tombola	2pm Cards Group	2pm Computer class	
	2pm Men's Choir			
24	25	26	27	28
10am Exercises and walking group	9:45am Tai Chi	10am Mass	10am Exercises and walking group	
11am Rosary	11am Rosary	11am Craft Group	11am Rosary	
1:30pm Tombola	1pm Library Bus Trip	2pm September Birthday Party	1pm Wesley Bus Trip	
	1:30pm Tombola		2pm Cards Group	