

LIFESTYLE PROGRAM - St. Claire

~ October 2018 ~

| Mon | Tue | Wed | Thu | Fri |
|---------------------------------|-------------------------------|-------------------------------------|---|-----------------------------|
| 1 | 2 | 3 | 4 | 5 |
| 10am Coffee Club | 10am Exercises | 10am Bocce | 10am Balloon Tennis | 10am Sing along and dancing |
| 1pm Puzzle Club | 10:45am Ball Games | 1pm Mystery Box | 1pm Card Group | 1pm Reading Group |
| 1pmm Laughter therapy | 1pm Hand Massage | 1pmm Knitting and house | 1pmm Tombola | 1pmm Film and gelato |
| 3:30pm Rosary | 1pmm Ten Pin Bowling | keeping | 3:30pm Rosary | 3:30pm Rosary |
| | 3:30pm Rosary | 3:00pm Rosary | | |
| 8 | 9 | 10 | 11 | 12 |
| 10am Mini Golf | 10am Exercises | 10:45am Bocce | 10am Spanish cooking | 10am Sing along and dancing |
| 1pm Gardening and Walking Group | 10:45am Ball Games | 1pm Mystery Box | 1pm Spanish dance class | 1pm Travel stories |
| 1pmm Quoits and Darts | 1pm Hand massage | 2pm Beauty therapy | 2:45pm Spanish social club or | 2pm Colour Match Game |
| 3:30pm Rosary | 1pmm Floor Bobs | 3:00pm Rosary | ten pin bowling | 3:30pm Rosary |
| | 3:30pm Rosary | | 3:30pm Rosary | |
| 15 | 16 | 17 | 18 | 19 |
| 10am Coffee Club | 10am Sewing and house keeping | 10am Mini Golf | 10am Balloon Tennis | 10am Sing along and dancing |
| 1pm Craft Group | 1pm Puzzle Club | 10:45am Quoits and Darts | 1pm Card Group | 1pm Reading Group |
| 3:30pm Rosary | 2pm Ten Pin Bowling | 1pm Mystery Box | 2pm Tombola | 2pm Film and gelato |
| | 3:30pm Rosary | 2pm Bocce | 3:30pm Rosary | 3:30pm Rosary |
| | | 3:00 pm Mass / Rosary | | |
| 22 | 23 | 24 | 25 | 26 |
| 10am Beauty therapy | 10am Exercises | 10am Ball Games | 10am Coffee Club | 10am Sing along and dancing |
| 1pm Puzzle Club | 10:45am Ball Games | 10:45am Gardening and Walking Group | 10:45am Reading Group | 1pm Mystery Box |
| 2pm Floor Bobs | 1pm Bocce | 1pm Hand massages | 1pm Pasta Making | 2pm Film and gelato |
| 3:30pm Rosary | 3:30pm Rosary | 2pm Colour Match Game | 3:30pm-5p Rosary | 3:30pm Rosary |
| | | 3:00pm Rosary | | |
| 29 | 30 | 31 |  | |
| 10am Tombola | 10am Exercises | 10am Balloon Tennis | | |
| 1pm Hand massages | 10:45am Ball Games | 1pm Cards Group | | |
| 2pm Craft Group | 1pm Puzzle Club | 2pm Armchair travel | | |
| 3:00pm Rosary | 2pm Ten Pin Bowling | 3:00pm Rosary | | |
| | 3:00pm Rosary | | | |