


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

~ July 2019 ~

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10am Gentle exercises 1:30pm Tombola	10am Singalong: St. Catherine 10am Weighted exercises 10:45am Darts and Quoits 1pm Shopping Bus Trip 1:30pm Coffee Club: St. Catherine's 1:30am Tombola 2:30pm Ball Games: St. Catherine	10am Singalong 10:45am Puzzle and Card Group 1:30pm Coffee Club 2:30pm Discussion Group	10am Tai Chi: St. Catherine 10am Wildlife Bus Tour 10am Gentle exercises 10:45am Card games: St. Catherine 1:30pm Kindergarten Program 2:30pm Social Group	10am Exercise Group: St. Catherine 10am Bocce 10:45am Walking Group 10:45am Beauty and massage: St. Catherine's 1pm Ripponlea Mansion BT 1:30pm Tombola 2:30pm Knitting, sewing & crochet: St. Catherine
8	9	10	11	12
10am Card games: St. Catherine 10am Gentle Exercises 10:45 Hand massages 11am Reminiscence Group: St. Catherine 1:30pm Tombola 2:30pm Art and craft group: St. Catherine	10am Board games: St. Catherine's 10am Tai Chi 10:45 Mini Golf 1pm Eureka Skydeck BT 1:30pm Tombola 1:30pm Coffee Club: St. Catherine 2pm D.O.C and C.E.O. Padre Pio Meeting 2:30 Bocce: St. Catherine	10am Weighted exercises: St. Catherine 10am Sing along 10:45am Puzzle and card games 10:45am Discussion Group: St. Catherine 1:30pm Coffee Club 2pm Housekeeping: St. Catherine 2:30pm Christmas Craft	10am Darebin Parklands Bus Trip 10am Folding and individual visits: St. Catherine 10am Gentle exercises 10:45am Ball Games: St. Catherine 1:30pm Kinder Program 2:30pm Pickling and jarring group	10am Exercise group: St. Catherine 10am Noodle soccer 10:45am Card games: St. Catherine 10:45am Walking Group 1pm Ian Potter Gallery Bus Trip 1:30pm Tombola 2pm Armchair travel and coffee club: St. Catherine
15	16	17	18	19
10am Tai Chi: St. Catherine 10am Gentle exercises 10:45am Computer class 10:45am Reminisce Group: St. Catherine 2pm Bastille Day 2:30pm Knitting, Sewing and Crochet: St. Catherine	10am Sing along: St. Catherine 10am Bocce 10:45am Board games: St. Catherine 10:45am Men's Group 1:30pm Tombola 2pm Men's Choir or coffee club	10am City Bus Tour 10am Balloon Tennis: St. Catherine 10am Singalong 10:45am Beauty & massage 1:30pm Coffee Club 2:30pm Art and Craft Group: St. Catherine 2:30 Discussion Group	9:30am Wesley Bus Trip 10am Folding / individual visits 10am Gentle exercises 10:45am Discussion Group: St. Catherine 1:30pm Kindergarten Group 2:30pm Tombola 3pm Card Games: St. Catherine	10am Exercise group: St. C 10am Weighted exercises 10:45am Darts and Quoits 1pm Veneto Bus Trip 1:30pm Tombola 2pm D.O.C and C.E.O. St. Catherine Meeting 3pm House Keeping: St. Catherine

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Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
10am Ball Games: St. Catherine	10am Tai Chi: St. Catherine	10am Umbria Chocolate Festival	10am Exercise group: St. Catherine	10am Gentle Exercises
10am Gentle Exercises	10am NANG Bowling Bus Trip	1:30pm Coffee Club	10am Four Beans Café Bus Trip	10am Weighted exercises: St. Catherine
10:45am Walking Group	10:45am Mini Golf	2pm Bocce: St. Catherine	10am Armchair travel and discussion	10:45am Walking group
10:45am Board Games: St. Catherine	10:45am Discussion Group: St. Catherine	2:30pm Assisi Book Club	1:30pm Kinder visit and Christmas in July Party	10:45am Board Games: St. Catherine
1:30pm Tombola	1:30pm Tombola			1pm Immigration Museum Bus Trip
2pm Armchair Travel and Coffee Club	2pm Bocce			1:30pm Tombola
2pm D.O.C and C.E.O. St. Anthony Meeting	2pm Flower arranging workshop: St. Catherine			2:30pm Knitting, Sewing and Crochet: St. Catherine
29	30	31		
10am Tai Chi	10am Bocce	10am Chair yoga		
10:45am Walking Group	10am Sing along: St. Catherine	10am Tai Chi: St. Catherine		
10:45am Beauty therapy/ massage: St. Catherine	10:45 Darts and Quoits	10:45am Reminisce Group: St. Catherine		
1:30pm Tombola	1pm Shopping Bus trip	1:30pm Singalong		
2pm Bocce: St. Catherine	1:30pm Tombola	2pm Housekeeping Group: St. Catherine		
	1:30pm Coffee Club: St. Catherine	2:30 Indian craft group		
	2:30pm Ball Games: St. Catherine			