

LIFESTYLE PROGRAM - St. Claire

~ July 2019 ~

Mon	Tue	Wed	Thu	Fri
1 10am Ten Pin Bowling 1pm Quiet time and Puzzle Tiles 2pm Darts and Quoits	2 10am Pasta making 1pm Quiet time and reminiscence group 2pm Bocce	3 10am Bocce 10am Rosary 1pm Quiet time and Hand massage 2pm Housekeeping group	4 10am Gentle Exercise and Walking Group 1pm Quiet time and Puzzle Club 2pm Coffee Club 3:30 Rosary	5 10am Music and dancing 1pm Quiet time and Reading Group 2pm Craft 3:30 Rosary
8 10am Snakes and Ladders 1pm Quiet time and Hand Massage 2pm Bocce 3:30 Rosary	9 10am Coffee Club 1pm Quiet time and Photo Reminiscence 2pm Singalong 3:30 Rosary	10 10am Gentle Exercise Walking Groupe 10am Rosary 1pm Quiet time and Puzzle Club 2pm Darts and Quoits	11 10am Coffee Club 1pm Kindergarten Kids 2pm Balloon Tennis 3:30 Rosary	12 10am Music and Dancing 1pm Quiet time and Card Games 2pm Painting 3:30 Rosary
15 10am Bocce 1pm Quiet time and Men's Group 2pm Darts and Quoits 3:30 Rosary	16 10am Coffee Club 1pm Quiet time and Reading Group 2pm Men's Choir or Singalong 3:30 Rosary	17 10am Pasta Making 1pm Quiet time and Hand Massage 2pm Colour Match Game 2:30 Mass	18 10am Coffee Club 1pm Quiet time and Puzzle Club 2pm Floor bobs 3:30 Rosary	19 10am Music and Dancing 1pm Quiet time and Photo Reminiscence 2pm Craft 3:30 Rosary
22 10am Snakes and Ladders 1pm Quiet time and Puzzle Club 2pm Bocce 3:30 Rosary	23 10am Coffee Club 1pm Quiet time or Fish tank 2pm Bocce 3:30 Rosary	24 10am Gentle Exercise and Walking Group 1pm Quiet time and Puzzle Club 2pm Mini Golf	25 10am Fruit salad Making 1pm Kindergarten Kids 2pm Balloon Tennis 3:30 Rosary	26 10am Music and dancing 1pm Quiet time and Reading Group 2pm Housekeeping Group 3:30 Rosary
29 10am Bocce 1pm Quiet time and Hand Massage 2pm Darts and Quoits 3:30 Rosary	30 10am Coffee Club 1pm Quiet time and Photo Reminiscence 2pm C.E.O and D.O.C Q&A Session 3:30 Rosary	31 10am Gentle Exercise Walking Groupe 10am Rosary 1pm Quiet time and Men's Group 2pm Monthly Birthday		