

LIFESTYLE PROGRAM - St. Francis

~ July 2019 ~

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10:45pm Ballgames	10am Gentle exercises and Individual visits	10am Flower arranging and House keeping	10am Picture Bingo	10am Exercises
1:45pm Quiet time and Knitting Group	1:45pm Quiet time and Card games Group	2:30pm Reminiscence	1pm Quiet time and Housekeeping	10:30am C.E.O and D.O.C Q&A Session
3pm Singalong Group	3pm Art therapy	3pm Art therapy	2:30pm Ball Games	1:45pm Quiet time and board/card games
				3pm Singalong
8	9	10	11	12
10am Balloon Tennis	10am Exercises and Ballgames	10am Flower arranging and House keeping	10am Picture Bingo	10am Exercises and bocce
1:45pm Quiet time and Reminiscence	1:45pm Quiet time and Hand massage	1:45pm Quiet time and Individual visits	1pm Quiet time and Housekeeping	1:45pm Quiet time and board/card games
3pm Wool, Knitting and Sewing Group	3pm Memory games and Puzzles	2:30pm Art therapy	2:30pm Ball Games	3pm Craft Group
15	16	17	18	19
10am Pizza Making	10am Exercises and Ballgames	10am Flower arranging and House keeping	10am Picture Bingo	10am Exercises and bocce
1:45pm Pizza Cooking	1:45pm Quiet time and Hand massage	1:45pm Quiet time and Individual visits	1pm Quiet time and Housekeeping	1:45pm Quiet time and board/card games
3pm Singalong	3pm Memory games and Puzzles	2:30pm Art therapy	2:30pm Ball Games	3pm Craft Group
22	23	24	25	26
10am Balloon Tennis	10am Exercises and Ballgames	10am Flower arranging and House keeping	10am Picture Bingo	10am Exercises and bocce
1:45pm Quiet time and Reminiscence	1:45pm Quiet time and Hand massage	1:45pm Quiet time and Individual visits	1pm Quiet time and Housekeeping	1:45pm Quiet time and board/card games
3pm Wool, Knitting and Sewing Group	3pm Memory games and Puzzles	2:30pm Art therapy	2:30pm Ball Games	3pm Singalong
29	30	31		
10am Balloon Tennis	10am Exercises and Ballgames	10am Flower arranging and House keeping		
1:45pm Quiet time and Reminiscence	1:45pm Quiet time and Hand massage	1:45pm Quiet time and Individual visits		
3pm Wool, knitting and Sewing Group	3pm Memory games and Puzzles	2:30pm Art therapy		