

LIFESTYLE PROGRAM ~ Padre Pio and St. Anthony

~ August 2019 ~

Mon	Tue	Wed	Thu	Fri
	Rosary daily at 11am		1	2
			10am Gentle exercises	10am Weighted exercise class
			1:15pm Kindergarten program	10:45am Walking group
			2:30pm Social Group	1pm Beasley Café Bus trip
				1:30pm Tombola
5	6	7	8	9
10am Assisi book club	10am Padre Pio Q&A with Paul and Georgette	10am Weighted exercise group	10am Kindergarten Bus Trip	10am Bocce
10:45am Travel Reminiscence Group	10:45am Cards Group	10:45am Walking Group	10am Gentle exercises	10:45am Men Group
1:30pm Tombola	1:30pm Tai Chi Class	1pm Scienceworks Bus Trip	10:45am Individual visits	1pm Ian Potter Gallery Group Bus Trip
	2:30pm Tombola	1:30pm Coffee Club/singalong	1:15pm Kindergarten program	1:30pm Tombola
		2:30pm Rosary	2:30pm Noodle soccer	
12	13	14	15	16
10am Coffee Club	9:30am Computer Class	10am Weighted exercise group	10am Coffee Club	10am Gentle exercises
10:45am Walking Group	10:45am Lourdes Mass	10:45am Ferrogosto craft	10:45am Individual visits	10:45am Walking Group
1:30pm Tombola	1:30pm Gennozanno College Migrant Story	1pm Boulevard Cafe Bus Trip	12:00pm Indian luncheon	1pm Williamstown Bus Tour
	2:30pm Tombola	1:30pm Bocce	2:30pm Olden days reminisce Group	1:30pm Tombola
		2:30 Rosary and Mass		
19	20	21	22	23
10am St. Anthony Q&A with Paul and Georgette	10am Individual visits	10am Veneto Concert bus trip	10am Bunnings Bus Trip	10am Bocce
10:45am Travel Reminiscence Group	11:30am Cultural luncheon	10am Jokes/sing along group	10am Gentle exercises	10:45am Walking Group
1:30pm Tombola	2pm Men's Choir	2:30pm Rosary	1pm Cards Group	1pm Station Pier Bus Trip
	2pm Tombola	3pm Happy Hour	1:30pm Kindergarten program	1:30pm Tombola
			2:30pm Ferragosto party	
26	27	28	29	30
10am Singalong	10am Computer Class	10am Chair yoga	10am Coffee Club and olden days reminiscence	10am Gentle exercises
10:45am Travel Reminiscence Group	10:45am Fairfield Boathouse Bus Trip	10:45am Individual visits	10:45am Art and craft group	10:45am Men's Group
1:30pm Tombola	1:30pm Tombola	1pm Melbourne Conservatory Bus Trip	1:15pm Kindergarten program and Father's Day party	1:30pm Tombola
		1:30 Sing along		
		2:30pm Rosary and Mass		

