

## LIFESTYLE PROGRAM ~ St. Catherine

~ August 2019 ~

Mon	Tue	Wed	Thu	Fri
 ASSISI			<b>1</b> 10am 1:1 Time 10:30am Concert <b>2:30pm Social club</b> or manicure	<b>2</b> 10am Exercises & Ball Games 1pm Beasley's Café Bus Trip 1:30pm Craft Activities
<b>5</b> <b>10am Assisi book club in music room</b> 10:45am Travel Reminiscence Group in music room 1:30pm Tombola	<b>6</b> 10am Tombola 1:30pm Reminiscence	<b>7</b> 10am Individual visits & Walks 1pm Science works Bus Trip 1:30pm Hand Massage & Relaxation 2:30pm Rosary	<b>8</b> 10am Art Activities 10am Carluccio's Café Bus Trip 1:30pm Coffee Club	<b>9</b> 10am Exercises & Ball Games 1pm Ian Potter Gallery Bus Trip. 1:30pm Craft Activities
<b>12</b> 10am Coffee Club in music room 10:45am Walking Group 1:30pm Tombola	<b>13</b> 10am Tombola <b>11am Lourdes Mass</b> 1:30pm Household Activities	<b>14</b> 10am Cooking 1pm Boulevard Café Bus Trip 1:30pm Hand Massage & Relaxation <b>2:30 Rosary and Mass</b>	<b>15</b> 10am Art Activities <b>12pm Indian Luncheon</b> 1:30pm 1:1 Time/ Walks	<b>16</b> 10am Exercises <b>10:30am Q&amp;A with Paul and Georgette</b> 1pm Williamstown Bus Trip 1:30pm Craft Activities
<b>19</b> 10:45am Travel Reminiscence Group in music room 1:30pm Tombola	<b>20</b> 10am Tombola 1:30pm Reminiscence <b>2pm Men's Choir</b>	<b>21</b> 10am Veneto Concert Bus Trip 1pm Card/Table Games 2:30pm Rosary <b>3pm Happy Hour</b>	<b>22</b> 10am Art Activities 10am Bunnings Bus Trip 1:30pm Coffee Club or <b>Ferragosto party</b>	<b>23</b> 10am Exercises & Ball Games 1pm Station Pier Bus Trip 1:30pm Craft Activities
<b>26</b> 10am Singalong in music room 10:45am Travel Reminiscence Group in music room 1:30pm Tombola	<b>27</b> 10am Tombola 10am Fairfield Boathouse Bus Trip 1:30pm Household Activities	<b>28</b> 10am Music & Sing Along 1pm Melb Conservatory Bus Trip 1:30pm Hand Massage & Relaxation <b>2:30pm Rosary and Mass</b>	<b>29</b> 10am Art Activities <b>1:30pm Father's Day Party</b>	<b>30</b> 10am Exercises & Ball Games 1:30pm Craft Activities

