

## LIFESTYLE PROGRAM ~ St. Claire

~ August 2019 ~

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
			10am <b>Darebin Bus Tour</b> 10am Exercise Group 10:45am Singalong 1pm Puzzle Club 2pm <b>Social Club</b> or hand massage	10am Music and dancing group 1pm Family discussion and photo sharing 2pm Ten Pin Bowling
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10am Balloon Tennis and walking group 1pm Hand massage 2pm Men's Group	10am Coffee Club and remembrance group 1pm Fish Tank Discussion 2pm Floor tombola	10am <b>Pasta Making</b> 1pm Card and board Games 2pm Doll therapy and house hold duties	10am Music and dancing group 1pm Puzzle Club 2pm Colour match game	10am <b>St. Claire, saint day and charity event</b> 1pm Armchair travel 2pm Reading group and Newspaper discussion
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
10am Exercise and walking group 1pm Hand massage 2pm Bocce	10am Coffee Club and remembrance group 1pm Music and sing along 2pm Tombola	10am Darts and quoits group 10am <b>Wildlife Bus Tour</b> 1pm Card or Board games 2:30pm Movie screening	10am Colour Match Game 1pm Puzzle Club 2pm Men's Group	10am Music & dancing group 1pm Family discussion and Photo sharing 2pm <b>Italian Cooking</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10am Balloon Tennis and walking group 1pm Hand massage 2pm Doll therapy and house hold duties	10am Coffee Club and remembrance group 1pm Fish Tank Discussion 2pm <b>Men's Choir</b> or word games	10am Pasta Making 1pm Card or Board Games 2:30pm <b>Rosary and Mass</b>	10am Coffee Club and remembrance group 1pm Puzzle Club 2pm Colour match game	10am Music and dancing group 1pm Armchair travel 2pm Ten pin Bowling
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
10am Exercise and walking group 1pm Hand massage 2pm Bocce	10am Coffee Club 10:30am <b>Q &amp; A with Paul and Georgette</b> 1pm Music and sing along 2pm Floor tombola	10am Pasta Making 1pm Card and Board Games 2pm Tombola	10am <b>Scone Making</b> 1pm Puzzle Club 2pm Men's Group	10am Coffee Club/sing along 1pm Family discussion and photo sharing 2pm <b>Father's Day Party</b>