

LIFESTYLE PROGRAM - Padre Pio and St. Anthony

~ September 2019 ~

Mon	Tue	Wed	Thu	Fri
2 10am Gentle exercises 11am Knitting and crochet Group 1:30pm Tombola	3 10am Weighted exercise group 11am Walking Group 1pm Shopping Bus Trip 1:30pm Tombola	4 10am Tuscany Cultural Cooking 2:30pm Rosary 3pm Cultural desserts and Coffee Club	5 10am Gentle exercises 11am Men's Group 1pm Ten pin Bowling 1:15pm Kinder Program 2:30pm Tombola	6 10am Beasley café bus trip 10am Art and Craft Group 2pm Happy Hour
9 10am Padre Pio Q&A Session 11am Individual visits 2pm Tombola	10 10am Parkland Walking Bus Trip 10am Tai Chi Group 11am Card Games 12:45pm Marcellin Students Visit 1:30pm Tombola	11 10am Carlton Bus Tour 10am Singalong and coffee club 1:15pm Mini Golf 2:30pm Rosary and Mass	12 10am St. Anthony Q&A Session 11am Men's Group 1:15pm Kinder Program 2:30pm Social Group	13 10am Weighted exercise group 11am Walking Group 1pm Museum and Brunetti's Bus Trip 1:30pm Tombola
16 10am Jokes, stories and coffee club 1:30pm Tombola	17 10am Art and Craft Group 10am Carluccio's cafe Bus Trip 1:30pm Tombola 2pm Men's Choir	18 10am Noodle soccer 10:45am Men's Group 2:30pm Rosary 3pm Ten pin Bowling	19 10am Wesley Lithgo Bus Trip 10am Gentle exercises 11am Assisi book club 1:15pm Kinder Program 2:30pm Tombola	20 10am Weighted exercise group 11am Walking Group 12:30pm Italian Film Festival Bus Trip 2pm Happy Hour
23 10am Padre Pio saint morning tea of healing 1:30pm Tombola	24 10am Tai chi 11am Card Games 1pm Veneto Club Bus Trip 1:30pm Tombola	25 10am Chair Yoga 1:15pm Art and Craft Group 2:30pm Rosary and Mass	26 10am Singalong and jokes 1:15pm Monthly birthday party	27 Happy Grand Final Weekend Saturday 28 th of September AFL Grand Final Screening
30 10am Assisi book club and coffee club 1:30pm Tombola * Rosary on daily				