

## LIFESTYLE PROGRAM – St. Catherine

~ September 2019 ~

Mon	Tue	Wed	Thu	Fri
2 10am Gentle exercises in music room 11am Knitting and crochet Group in music room 1:30pm Tombola	3 10am Tombola 11am Individual activities 1pm Shopping Bus Trip 1:30pm Coffee Club	4 <b>10am Art Group or Tuscany Cultural Cooking</b> 11am Individual Activities 1:30pm Household Activities	5 10am Exercises and Ball Games 11am Individual Activities 1pm Ten Pin Bowling Bus Trip 1:30pm Hand Massage	6 10am Art Activities - Drawing 10am Beasley Café Bus Trip 11am Individual Activities <b>2pm Happy Hour</b>
9 10am Knitting and crochet Group in music room 11am Individual visits 1:30pm Tombola	10 10am Tombola 10am Parkland Walking Bus Trip 11am Individual activities 1:30pm Coffee Club	11 10am Art/Craft Activities 10am Carlton Bus Tour 11am Individual Activities 1:30pm Household Activities <b>2:30pm Rosary &amp; Mass</b>	12 10am Exercises and Ball Games 11am Reminiscence group 1:30pm Individual visits <b>2:30 Social Group</b>	13 10am Art Activities - Drawing 11am Individual Activities 1pm Museum and Brunetti's Bus Trip 1:30pm Coffee Club
16 10am Jokes, stories and coffee club in music room 2pm Tombola	17 10am Tombola 10am Carluccio Café Bus Trip 11am Individual activities <b>1:30pm Coffee Club and Men's Choir</b>	18 10am Cooking 11am Individual Activities 1:30pm Household Activities	19 10am Exercises and Ball Games <b>10am Wesley Lithgo Bus Trip</b> 11am Individual Activities 1:30pm Hand Massage	20 10am St. Catherine Q&A Session 11am Individual Activities 12:30pm Italian Film Festival Bus Trip <b>2pm Happy Hour</b>
23 <b>10am Padre Pio saint morning tea of healing in music room</b> 1:30pm Tombola	24 10am Tombola 11am Individual activities 1pm Veneto Club Bus Trip 1:30pm Coffee Club	25 10am Art/Craft Activities 11am Individual Activities 1:30pm Household Activities <b>2:30pm Rosary &amp; Mass</b>	26 10am Exercises and Ball Games 11am Individual Activities 2pm Monthly birthday party	27 Happy Grand Final Weekend  Saturday 28 <sup>th</sup> of September <b>AFL Grand Final Screening</b>
30 10am Assisi book club and coffee club in music room 1:30pm Tombola * Rosary on daily				