

LIFESTYLE PROGRAM – St. Claire

~ September 2019 ~

Mon	Tue	Wed	Thu	Fri
2 10am Men's Group 10:45am Walking Group 1pm Hand Massages 2pm Bocce	3 10am Exercises to music 10:45am Reminiscence 1pm Cards Group 2pm Painting Group	4 10am Coffee Club 1pm Puzzles 2pm Pasta Making	5 10am Boroondara Bus Trip 10am Darts and Quoits 1pm Reading Group 2pm Picture Tombola	6 10:30am Opera Concert 1pm Walking Group 2pm Colour Match Game
9 10am Gentle Exercises 1pm Puzzles 2pm Tombola	10 10am Coffee Club 10:45am Walking Group 1pm Fish Tank 2pm Colour Match Game	11 10am Bocce 10:45am Ball Games 1pm Hand Massages 2pm Pasta Making	12 10am Italian Cooking 1:30pm Kindergarten kids visit 2:30pm Social Group and card games	13 10am Singing and Dancing 1pm Reading Group 2pm Painting Group
16 10am Men's Group 10:45am Walking Group 1pm Hand Massages 2pm Bocce	17 10am Exercises to music 10:45am Ball Games 1pm Reading Group 2pm Men's Choir or Hand Massage	18 10am City Bus Trip 10:45am Reminiscence 1pm Cards Group 2:30 Rosary and Mass	19 10am Coffee Club 1pm Hand Massages 2pm Picture Tombola	20 10am Singing and Dancing 1pm Puzzle Club 2pm Travel reminiscence
23 10am Gentle Exercises 10:45am Walking Group 1pm Puzzles 2pm Singalong	24 10am Italian cooking 1pm Fish Tank 3pm Monthly Birthday Party	25 10am Chair Yoga or Puzzle Club 1pm Reading Group 2pm Pasta Making	26 10am Singing and Dancing 1pm Cards Group 2p Floor Tombola	27 Happy Grand Final Weekend Saturday 28 th of September AFL Grand Final Screening
30 10am St. Claire Q&A Session 10:45am Walking Group 1pm Hand Massages 2pm Tombola * Rosary on daily				