

LIFESTYLE PROGRAM – St. Francis

~ September 2019 ~

Mon	Tue	Wed	Thu	Fri
2 10am Balloon Tennis 1:45pm Coffee Club in the piazza 3pm Doll therapy	3 10am Ten Pin Bowling 1:45pm Art and craft 3pm Reminiscence	4 10am Rosary 10:30am Tuscan Cultural cooking or Tombola 1:45pm Quiet time and individual visits 2:30pm Rosary and Mass	5 10am St. Francis Q&A Session 10:45am Bocce 1:15pm Rosary 1:45pm Art and Crafts - Spring decorations 2:30 Walks/wheelchair walks	6 10am Ball games 1:45pm Coffee club 3pm Singalong
9 10am Gentle Exercises 1:45pm Gardening in the piazza 3pm Colour match game	10 10am Word Games 1:45pm Painting 3pm Individual visits	11 10am Rosary 10:30am Ball games 1:45pm Coffee Club 3pm Reading Group -Il Libro Cuore	12 10am Darebin Parklands Bus Trip 10am Italian cooking 1:15pm Rosary 1:45pm Quiet time and knitting crafts 2:30 Social Group or Movie screening	13 10am Gentle exercises 1:45pm Coffee Club 3pm Singalong
16 10am Doll therapy 1:45pm Movie Screening 3pm Ten Pin Bowling	17 10am Tennis Balloon 1:45pm Reminiscence 3pm Men Choir or hand massage	18 10am Rosary 10:30am Tombola 1:30pm Making the Presepio-Arts and Crafts	19 10am Bocce 1:15pm Rosary 1:45pm Classic films and individual visits 2:30 Gardening in the piazza	20 10am Gentle exercises 1:45pm Coffee club 3pm Singalong
23 10am Travel discussion and trivia 1:45pm Folding and sorting group 3pm Singalong	24 10am Italian cooking 1:45pm Memory game 3pm Relaxation	25 10am Ball games 10am Rosary 1pm Wildlife tour 1:45pm Coffee Club 3pm Individual visits and indoor walks	26 10am Armchair travel 1:15pm Rosary 1:30pm Classic film 3pm Floor Tombola	27 Happy Grand Final Weekend Saturday 28 th of September AFL Grand Final Screening
30 10am Gentle exercises 1:45pm Reminiscence 3pm Bocce * Rosary on daily				