

LIFESTYLE PROGRAM – St. Anthony and Padre Pio

~ October 2019 ~

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	10am Kinder Group	10am Gentle exercises	10am Bocce	10am Coffee Club
	11am Walking Group	10:45am Men's Group	11am Veneto Seniors	11am Card Group
	1:30pm Tombola	1pm Eltham Miniature Rail BT 1:30pm Joke & storytelling group 2:30pm Mass	Luncheon 11am Assisi Book Club 2pm Social Club	1:30pm Tombola
7	8	9	10	11
10am Art and Craft Group	10am Bocce	10am Bunnings Bus Trip	10am Coffee Club with singalong	10am Weighted exercise Group
11am Reminiscence Group	11am Walking Group	10am Nails and Manicure	12pm Multicultural Day	11:30pm Banyule Men's Shed Bus Trip
1:30pm Tombola	1pm Edendale farm	10:45am Individual visits		2:30pm Trivia and Quiz Session
	1:30pm Tombola	3pm Computer Class		
14	15	16	17	18
10am Weighted exercise Group	10am Carlton Bus Trip	10am Abruzzo Cultural Luncheon	10am Gentle exercises	10am National Cleaner's Day
11am Reminiscence Group	10am Kinder Group	1:30pm Walking Group	1pm Studley Park Boathouse Bus Trip	
1:30pm Tombola	11am Cards Group	2:30pm Mass	2:30pm Flower arranging Group	1:30pm Tombola
	1:30pm Tombola			
	2pm Men's Choir			
21	22	23	24	25
10am Q&A with Paul	10am Kinder Group	10am Chair yoga	10am Wesley Luncheon BT	10am Coffee Club
11am Reminiscence Group	10:30am Banyule Seniors Luncheon	11am Men's Group	10am Gentle exercises	11am Nails and Manicures
1:30pm Tombola	1:30pm Tombola	3pm Computer Class	11am Reminiscence Group	1pm Shopping Trip
			2pm Happy Hour and Assisi Art Expo	1:30pm Tombola
28	29	30	31	Rosary daily @ 11am or 2:30pm on Wednesdays
10am Bocce	10am Kinder Group	10am Gentle exercises	10am Tai Chi	
11am Reminiscence Group	10:30am Banyule Seniors Luncheon Bus Trip	10:45am Walking Group	11am Card Games	
1:30pm Tombola	1:30pm Tombola	1pm Lawn Bowls Bus Trip	2pm Monthly Birthday Party	
		2:30 Mass		