

# LIFESTYLE PROGRAM – St. Francis

~ October 2019 ~

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	10am Kinder Group	10am Rosary	10am Ball Games	10am Gentle exercises
	1:45pm Board Games	10:30am Hand massages and Manicures	1:45pm Individual Visits	<b>1:45pm St. Francis Saint Day: Animals visit</b>
	2:30pm arts and Craft	1:45pm Making the Presepio - Arts and Crafts	2:30 Gardening in the Piazza or <b>Social Club</b>	3pm Singalong
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10am Balloon Tennis	10am Ten Pin Bowling	10am Tombola	10am Ball games	10am Q & A with Paul
1:45pm House Keeping Group	1:45pm Reminiscence	1:45pm Italian Folk tales	<b>10am City Tour Bus Trip</b>	10:30am Gentle exercises
3pm Floor Tombola	3pm Armchair Travel	<b>2:30pm Rosary and Mass</b>	<b>12pm Multicultural Day</b>	1:45pm Coffee Club
			1:45pm Individual Visits	3pm Singalong
			2:30pm Outdoor Walks	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10am Ten Pin Bowling and Board games	10am Kinder Group	10am Rosary	10am Ball Games	10am Gentle exercises
1:45pm Sewing Group	1:45pm Individual Visits	10:30am Armchair Travel	1:45pm Individual Visits	1:45pm Coffee Club
3pm Floor Tombola	3pm Memory Game	<b>11:30am Abruzzo Luncheon</b>	2:30pm Gardening in the Piazza	3pm Singalong
		1:45pm Making the Presepio - Arts and Crafts		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10am Ten Pin Bowling and Bored games	10am Bocce	10am Rosary	10am Ball Games	10am Gentle exercises
1:45pm House Keeping Group	1:45pm Quiet time and individual Visits	10:30am Tombola	1:45pm Individual Visits	<b>10am Wildlife Tour Bus Trip</b>
2:30pm Painting in the Garden	3pm Arts and Craft	1:45 Making the Presepio - Arts and Crafts	2:30pm Outdoor walks	1:45pm Coffee Club
				3pm Singalong
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10am Weighted exercises and Colour match game	10am Kinder Group	10am Rosary	10am Ball Games and Hand Strengthen Activities	<b>Rosary daily @ 1:15pm or as advised on Wednesdays</b>
1:45pm House Keeping and Doll Therapy	1:45pm Reminiscence	10:30am Armchair Travel – Where are you	1:45pm Individual Visits	
3pm Floor Tombola	3pm Group Discussion	1:45pm Making the Presepio - Arts and Crafts	2:30pm Gardening in the Piazza	