


LIFESTYLE PROGRAM – St. Catherine

~ October 2019 ~

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	10am Pasta making	10am Art/Craft Activities	10am Exercises and ball games	10am Art Activities -
	1:30pm Coffee Club	1pm Eltham Miniature Rail Bus Trip	11am Veneto Seniors Luncheon	Drawing
		1:30pm Household activities	2pm 1:1 visits or Social Club	1:30pm Coffee Club
		2:30pm Mass		
7	8	9	10	11
10am Nails and Manicures	10am Picture tombola with the Kinder Group	10am Bunnings Bus Trip	10am Exercises and ball games	10am Art Activities - Drawing
1:30pm Tombola		10am Art/Craft Activities	12pm Multicultural Day	11:30pm Banyule Men's Shed Bus Trip
		1:30pm Household Activities		1:30pm Coffee Club
	1pm Edendale farm			
	1:30pm Coffee Club			
14	15	16	17	18
10am Exercises and walking group	10am Carlton Bus Trip	10am Art/Craft Activities	10am Exercises and ball games	10am Art Activities - Drawing
1:30pm Tombola	10am Tombola	12pm Abruzzo Cultural Cooking lunch	1pm Studley Park Boathouse Bus Trip	1pm Fin's Reserve Bus Trip
	1:30pm Coffee Club	1:30pm Household activities	1:30pm Coffee Club	1:30pm Italian Cooking
	2pm Men's Choir	2:30pm Mass		
21	22	23	24	25
10am Painting group	10am Picture tombola with the Kinder Group	10am Chair yoga	10am Wesley Luncheon BT	10am Q & A with Paul
1:30pm Tombola		1:30pm Household activities	10am Exercises and ball games	1pm Shopping Bus Trip
		10:30am Banyule Seniors Luncheon		2pm Coffee club or Assisi Art Expo
	1:30pm Coffee Club			
28	29	30	31	Rosary daily @ 11am or 2:30pm on Wednesdays
10am Exercises and walking group	10am Tombola	10am Art/Craft Activities	10am Exercises and ball games	
1:30pm Tombola	10:30am Banyule Seniors Luncheon Bus Trip	1pm Lawn Bowls Bus Trip	2pm Coffee club or	
	1:30pm Coffee Club	1:30 Household activities	Monthly Birthday Party	
		2:30 Mass		