

## LIFESTYLE PROGRAM – St.Claire

~ October 2019 ~

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>10am City Tour Bus Trip</b>	10am Exercises to Music	10am Coffee Club	10am Music and Dancing
	10am Reminiscence Group	10:45am Ball Games	1pm Card Group	1pm Puzzles
	10:45am Singalong	1pm Reading Group	<b>2pm Social Club or Ten Pin Bowling</b>	2pm Gardening and Afternoon Tea
	1pm Photo Discussion	2pm Pasta Making		
	2pm Tombola			
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10am Gentle Exercises	<b>10am Kinder Group</b>	10am Bocce	10am Gym Session	10am Music and Dancing
11am Hand Massages	10:45am Walking Group	1pm Puzzles	10:45am Ball Games	1pm Card Group
2pm Colour Match Game	1pm Fish Tank	<b>2pm Gardening and Afternoon tea in the garden</b>	1pm Reading Group	2pm Floor Tombola
	2pm Coffee Club and Reminiscence Group		2pm Tombola	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10am Gentle Exercises	10am Bocce	10am Gentle Exercises	10am Coffee Club	10am Puzzles and Board games
10:45am Ball Games	10:45am Singalong	10:45am Walking Group	<b>10am Wildlife Tour Bus Trip</b>	1pm Card Groups
1pm Puzzles	1pm Photo Discussion	1pm Hand Massages	1pm Reading Group	2pm Tombola
2pm Doll Therapy and Bathing	<b>2pm Reminiscence Group or Men's Choir</b>	2pm Pasta Making	2pm Arts and Crafts	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10am Gentle Exercises	<b>10am Kinder Group</b>	10am Bocce	10am Exercises to Physio	10am Singalong and Jokes
10:45am Walking Group	10:45am Ball Games	1pm Puzzles and board Games	10:45am Trivia/Word Games	<b>1pm Italian Cooking Afternoon</b>
1pm Hand Massages	1pm Fish Tank	<b>2:30pm Rosary and Mass</b>	1pm Nail Therapy	
2pm Gardening and Afternoon Tea	2pm Coffee Club and Reminiscence Group		2pm Painting Group or <b>Happy Hour</b>	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10am Gentle Exercises	<b>10am Q&amp;A with Paul</b>	10am Coffee Club	10am Bocce	
10:45am Walking Group	10:45am Reminiscence Group	1pm Card Group	1pm Puzzles	
1pm Hand Massages	1pm Photo Discussion	2pm Pasta Making	<b>2pm Monthly Birthday Party</b>	
2pm Tombola	2pm Floor Tombola			<b>Rosary daily @ 3:30pm</b>