


## LIFESTYLE PROGRAM – St Francis-November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				10am Gentle exercise 1:45pm Coffee Club 3pm Singalong
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10am Singalong 10:45am Nail Therapy 11am BBQ 1:45pm Spring Carnival Craft	<b>MELBOURNE CUP DAY</b>	10am Tombola 1pm Making the Presepio – Arts and crafts	10am Armchair travel and google maps 1:45pm Quiet time and individual visits 2:30pm Walks in the garden	10am Gentle exercises 1:45pm Coffee Club 3pm Singalong
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10am Gentle exercises and Bocce 1:45 pm Painting Group 3pm Floor Tombola	10am Balloon Tennis 3 pm Group Discussion	10.30am Tombola 1:45pm Making the Presepio - Arts and Crafts	10am Ball games and Hand strengthening 1:45 pm Quiet time & visits 2:30 pm Gardening in the piazza	10 am Gentle exercise 1:45pm Coffee Club 3pm Singalong
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10am Balloon Tennis 11am BBQ 1:45 pm Gardening in the piazza	10 am Christmas Craft 3pm Tenpin Bowling	10am Rosary 10:30 am Tombola 1:45pm Making the Presepio- Arts and Crafts	10 am Armchair travel and Google maps 1:45 pm Quiet time & visits 2:30 pm Walks and wheelchair walks	10am Q& A session with Paul Cohen 1:45pm Coffee Club 3pm Singalong
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10am Gentle exercise and Bocce 1:45pm Christmas Craft 3pm Floor Tombola	10am Kinder Kids visit 3pm Reminiscence Group	10am Rosary 10:30am Tombola 1:45pm Making the Presepio-Arts and Crafts	10 am Ball Games 1:45pm Quiet time and Individual visits 2:30pm Gardening in the piazza	10am Gentle exercise 1:45pm Coffee Club 3pm Singalong