

LIFESTYLE PROGRAM - Padre Pio and St. Anthony November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 ASSISI				10am Weighted Exercises 11am Walking Group 1pm Beach Pier BT 1:30pm Tombola	10am Gentle Exercises	10am Bocce
4	5	6	7	8	9	10
10am Tai Chi 11am Reminisce Group 1:30pm Tombola	MELBOURNE CUP	10am Tai Chi 10:45am Walking Group 1pm Lawn Bowls BT 3pm Knitting/crochet Group	10am Gentle exercises 11am Veneto Senior Luncheon Bus Trip 11am Individual visits 2:15pm Tombola	10am Men's Group 11am Walking Group 1pm Abbotsford Convent Bus Trip 1:30pm Tombola	10am Gentle Exercises	10am Bocce
11	12	13	14	15	16	17
10am Remembrance Day Morning Tea 1:30pm Tombola	10am Italian Card Games 10:30am Botanical Gardens Bus Trip 11am Computer Class 1:30pm Tombola	10am Men's Group 11am Padre Pio BBQ 1:15pm Bocce 2:30pm Rosary and Mass	10am Montsalvat BT 10am Gentle exercises 11am Christmas Craft 2pm Social Club	10am Singalong 11am Walking Group 1pm Shopping BT 1:30pm Tombola	10am Gentle exercises	10am Bocce
18	19	20	21	22	23	24
10am Nail therapy 11am Individual visits 1:30pm Tombola	10am Men's Group 11am Walking Group 1:30pm Tombola & Men's Choir	10am Chair yoga 10:45am Coffee Club 1pm Lawn Bowling BT 3pm Knitting/crochet Group	10am Gentle exercises 11am Mini Golf 1pm Collingwood farm Bus Trip 3pm Knitting/crochet Group	10am Noodle soccer 11am Walking Group 1pm Italian Museum Bus Trip 1:30pm Singalong Group	10am Gentle exercises	10am Bocce
25	26	27	28	29	30	
10am Q&A session with Paul 11am Laughter therapy 1:30pm Tombola	10am Kinder Kids Visit 1pm Bunnings BT 1:30pm Tombola	10am Christmas Decorating 11am St. Anthony BBQ 2:30pm Rosary and Mass	10am Abruzzo Cooking Group 1pm Eltham Café BT 2pm Abruzzo Birthday party & Coffee Club	10am Men's Group 11am Walking Group 1pm Bundoora Homestead BT 1:30pm Tombola	10am Gentle exercises	10am Bocce