

LIFESTYLE PROGRAM – St. Claire November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				10am Gentle exercises 10:45am Walking Group 1pm Hand Massage 2pm Bocce	1pm Quiet music and individual visits 1:30pm Ball games	1pm Quiet music and individual visits 1:30pm Ten Pin Bowling
4	5	6	7	8	9	10
10am Bocce 1pm Hand massage 2pm Men's Group		10:30 Singalong 1pm Reminiscence 2pm Housekeeping group	10am Balloon Tennis 10:45am Walking Group 1pm Card Games 2pm Making pizza	10am Sing along and dancing 1pm Puzzles 2pm Floor Tombola	1pm Quiet music and individual visits 1:30pm Ball Games	1pm Quiet music and individual visits 1:30pm Singalong and dancing
11	12	13	14	15	16	17
10am Gentle Exercises 1pm Hand massage 2pm Christmas Craft	10:30 Coffee Club and Q&A with Paul 1pm Walking Group 2pm House keeping	10:30am Painting 1pm Puzzles 2pm Bocce	10am Physio Gym Session 10:45am Photo reminiscence 1pm Card Games 2pm Making biscuits	10am Singalong and dancing 11am BBQ 1pm Hand massage 2pm Tenpin Bowling or social club	1pm Quiet music and individual visits 1:30pm Coffee club in the courtyard and gardening	1pm Quiet music and individual visits 1:30pm Nail Care
18	19	20	21	22	23	24
10am Balloon Tennis 10:45am Walking Group 1pm Doll therapy 2pm Gardening group	10 Coffee Club 1pm Cards Group 2pm Housekeeping group or Men's Choir	10am Gentle exercises 11am Ball Games 1pm Puzzles 2pm Fruit Salad making	10am Physio Gym Session 1pm Cards 2pm Christmas craft	10am Singalong and dancing 1pm Puzzles 2pm Gardening	1pm Quiet music and individual visits 1:30pm Bocce	1pm Quiet music and individual visits 1:30pm Sing along
25	26	27	28	29	30	
10am Gentle exercises 11am Walking group 1pm Hand massage 2pm Pasta making	10am Balloon Tennis 1pm Ten Pin Bowling 2pm Christmas Craft	10:30am Christmas Decorating 1pm Puzzle club 2pm Christmas Decorating	10am Physio Gym Session 10:45am Photo reminiscence 1pm Cards 2pm Floor Tombola	10am Singalong and dancing 11am BBQ 1pm Puzzle club 2pm Painting	1pm Quiet music and individual visits 1:30 Ball Games	