

LIFESTYLE PROGRAM St. Catherine – December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
10am Cooking for New Year's Eve 1:30pm Reminisce Group	10am Weighted exercises in the music room 1:30pm Tombola 3pm New Year's Eve Happy Hour	 ASSISI				11am Quoits and Darts
2	3	4	5	6	7	8
10am Laughter therapy 1:30pm Tombola in the Tombola Room	10am Bocce 1:30pm Tombola in the Tombola Room	10am Tombola 1pm Bowling Bus Trip 1:30pm Coffee Club	10am Exercises and ball games 1pm Sand bar café BT 1:30pm Christmas Craft in the music room	10am Art Activities and drawing 1pm Christmas Shopping bus trip 1:30pm Tombola in the Tombola Room	9:30am Lourdes Mass BT	11am Christmas Craft
9	10	11	12	13	14	15
10am Exercises and ball games 1:30pm Individual visits and activities	10am Card Games 1:30pm Coffee Club	1:30pm Household Activities 2:30pm Rosary and Mass	10am Exercise group 1:30pm Christmas Craft 5:30 Christmas Concert Bus Trip	10am Bocce 1:30pm Assisi Christmas Party	11am Memory Games	11am Quoits and Darts
16	17	18	19	20	21	22
10am Q&A with Paul 1:30pm Christmas Craft	10am Kindergarten Christmas Party 1pm Williamstown Bus Trip 1:30pm Household Activities	10am Coffee Club 1:30pm Knitting and Crochet Group 2:15pm Zampognaro 8pm X-mas lights Bus Trip 1	10am Exercise group 11:30am Christmas music and lunch 1pm Four Beans Bus Trip 1:30pm Tombola in the Tombola Room	9:30am Banksia Park Walking Bus Trip 10am Card Games 2pm Assisi Worship Christmas Singalong	11am Christmas Craft	11am Ten Pin Bowling
23	24	25	26	27	28	29
10am Volunteer Morning Tea 1:30pm Coffee Club 8pm Christmas light Bus Trip 2	10am Weighted exercises in the music room 1:30pm Tombola in the Tombola Room	9:30am Christmas Mass 12pm Traditional Christmas Lunch	Buon Natale	10am Bocce in the music room 11am Card Games 1:30pm Tombola in the Tombola Room	11am Memory Games	11am Quoits and Darts