

## LIFESTYLE PROGRAM St. Claire – December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b>	<b>31</b>					<b>1</b>
10am Gentle Exercises 1pm Puzzle Club 2pm Floor bobs	10am Balloon Tennis 1pm Coffee Club 2pm Housekeeping group					1pm Walking and Gardening Group 3pm Mass
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10am Gentle exercises 1pm Hand Massage 2pm Ten Pin Bowling	<b>10am St. Claire's Christmas Party</b> 1:30pm Movie and gelato	10:30am Reminiscence Group 1pm Christmas Craft	10am Gym Session with Physio 1pm Cards Group 2pm Bocce 3:50pm Piano Recital	10am Music and Dancing 1pm Puzzle Club 2pm Christmas Craft	<b>9:30am Lourdes Mass Bus trip</b>	1pm Bocce 3pm Mass
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10am Bobs game 1pm Coffee Club 2pm Hand Massage	10am Kindergarten Children 1pm Music and Reminisce 2pm Walking and gardening group	10am Christmas Film Screening <b>1pm Pasta Making</b>	10am Gym Session with Physio 1pm Housekeeping Group 2pm Tombola	10am Music and Dancing 1pm Card Games 1:45pm Ten Pin Bowling	10am Tombola	1pm Walking and Gardening Group 3pm Mass
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10am Balloon Tennis 1pm Puzzle Club 2pm Bocce	10am Coffee Club 1pm Christmas Cooking	10am Gentle exercises 1pm Hand massage <b>2:30pm Zampognaro</b>	10am Gym Session with Physio 2pm Christmas Craft	<b>10am Assisi Christmas Singalong</b> 1pm Doll therapy 2:30pm Walking Gardening Group	1pm House Keeping Group	1pm Tombola 3pm Mass
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10am Nail therapy 1pm Coffee Club 2:30pm Ten Pin Bowling	<b>10am Q&amp;A with Paul</b> and Gentle exercises 1pm Music and reminiscence 2pm Tombola	10:30am Christmas Games  <b>Buon Natale</b>	  <b>Buon Natale</b>	10am Music and Dancing 1pm Card Games 2pm Bocce	1pm Walking and gardening group	1pm Tombola 3pm Mass