

LIFESTYLE PROGRAM St. Anthony & Padre Pio – January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Happy New Year	10am Gentle Exercises 11am La Bafana Craft 1:30pm Computer & Ipad Classes	10am Noodle soccer <i>1pm Williamstown Bus Trip</i> 2pm Tombola	10am Gentle exercises 1pm Movie & gelato in the Auditorium	1:15pm Coffee Club 2:30pm Rosary & Mass
6	7	8	9	10	11	12
10:10am La Bafana visits St. Anthony 10:30am La Bafana visits Padre Pio 1:30pm Tombola	10am Weighted exercises 11am Walking Group <i>1pm Lower Plenty Hotel Bus Trip</i> 1:30pm Tombola	10am Bocce <i>1pm Veneto Club B.T.</i> 3:30pm Travel discussion group	10am Gentle exercises 11am Cards Group 1:30pm Social group	10am Mini Golf 11am Walking Group <i>1pm Fed Square Bus trip</i> 1:30pm Tombola	10am Gentle exercises	10am Bocce 2:30pm Rosary & Mass
13	14	15	16	17	18	19
10am Ten Pin Bowling 11:30am Padre Pio Summer BBQ 1:30pm Tombola	10am Weighted Exercises 11am Walking Group 1:30pm Tombola 2pm Men's Choir	10am Art therapy with Bernadette <i>10am Four Beans B.T.</i> 1:15pm Memory Games 2:30pm Rosary & Mass	10am Gentle exercises 11am Cards Group <i>1pm Finns Creek Bus Trip</i> Hand massage	10am Men's Group 11am Walking Group <i>1pm Station Pier Bus Trip</i> 1:30pm Tombola	10am Gentle exercises 1pm Movie & gelato in the Auditorium	1:15pm Coffee Club 2:30pm Rosary & Mass
20	21	22	23	24	25	26
10am Bocce 11:30am St. Anthony Summer BBQ 1:30pm Tombola	10am Weighted Exercises 11am Walking Group 1:30pm Tombola	10am Toscana cooking & luncheon <i>1pm Shopping Bus trip</i> 1:30pm Laughter therapy 3:15pm Card Making	10am Gentle exercises 11am Walking Group <i>1pm Veneto Club Bus Trip</i> 1:30pm Computer & Ipad Classes	10am Padre Pio Q & A with Paul 11am Cards Group <i>1pm Albert park bus trip</i> 1:30pm Tombola	10am Gentle exercises	10am Bocce 12:00pm Australia Day Lunch 2:30pm Rosary & Mass
27	28	29	30	31		
	10am Kindergarten Kids Visit 11am Walking Group 1:30pm Tombola	<i>10am Melbourne airport bus trip</i> 10am Noodle soccer 11am Walking Group 1:15pm Men's Group 2:30pm Rosary & Mass	10am St. Anthony Q & A with Paul 11am Cards Group <i>1pm Stone house café bus trip</i> 1:30pm Tombola or film in the auditorium	10am Weighted Exercises 11am Walking Group <i>1pm Sandbar café Bus trip</i> 1:30pm Tombola Or dog therapy		