

## LIFESTYLE PROGRAM St. Catherine – January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Happy New Year	10am Gentle Exercises 1:30pm Computer & Ipad Classes	10am Knitters group <i>1pm Williamstown Bus Trip</i> 2pm Bocce	10am Gentle exercises in the music room 1pm Movie & gelato in the Auditorium	1:15pm Coffee Club in the music room 2:30pm Rosary and Mass
6	7	8	9	10	11	12
<b>9:45am La Befana visits</b> 1:30pm Poetry and singalong group	10am Craft activities <i>1pm Lower Plenty Hotel Bus Trip</i> 1:30pm Coffee Club	10am Tombola <i>1pm Veneto Club B.T.</i> 1:30pm Household activities	10am Gentle exercises <b>1:30pm Social group</b>	10am Art activities <i>1pm Fed Square Bus trip</i> <b>1:30pm Fruit stick making</b>	10am Gentle exercises in the music room 10:45am Cards Group	10am Bocce in the music room 2:30pm Rosary and Mass
13	14	15	16	17	18	19
<b>10am Q&amp;A with Paul</b> 1:30pm Walking group and gelato in the garden	10am Craft activities <i>1pm Finns Creek Bus Trip</i> 1:30pm Coffee Club	10am Tombola <i>10am Four Beans B.T.</i> 11:30am Summer BBQ 1:30pm Household activities <b>2:30pm Rosary &amp; Mass</b>	10am Gentle exercises 11am Cards Group <b>2pm Men's Choir</b> or hand massages	10am Art activities <i>1pm Station Pier Bus Trip</i> 1:30pm Café Affogato Club or dog therapy	10am Gentle exercises in the music room 1pm Movie & gelato in the Auditorium	1:15pm Coffee Club in the music room 2:30pm Rosary and Mass
20	21	22	23	24	25	26
10am Beauty therapy 1:30pm Bocce	10am Weighted Exercises 1:30pm Coffee Club	10am Tombola <b>11:45am Toscana luncheon</b> <i>1pm Shopping Bus trip</i> 1:30pm Household activities	10am Exercises and ball games <i>1pm Veneto Club Bus Trip</i> 1:30pm Craft activities	10am Art activities <i>1pm Albert park bus trip</i> <b>1:30pm Making Pasta Group</b>	10am Gentle exercises in the music room 10:45am Cards Group	10am Bocce <b>12:00pm Australia Day Lunch</b> 2:30pm Rosary and Mass
27	28	29	30	31		
	<b>10am Kindergarten Kids Visit in the music room</b> 1:30pm Coffee Club	10am Tombola <i>10am Melbourne airport bus trip</i> 1:30pm Household activities <b>2:30pm Rosary &amp; Mass</b>	10am Exercises and ball games 11am Cards Group <i>1pm Stone house café bus trip</i> 1:30pm Film & gelato in the auditorium	10am Art activities <i>1pm Sandbar café Bus trip</i> 1:30pm Café Affogato Club		Rosary at 11am every day except Wednesdays and Sundays