

LIFESTYLE PROGRAM St. Claire's – January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
 ASSISI			Bus Tour Exercise in the gym Walking Group Reminiscence Sensory activities	Gardening Ball Games Reading Group Tombola	Bocce Rosary	Exercises to Music Mass
6	7	8	9	10	11	12
Floor bobs La Befana Music Nail care	Q&A with Paul Bowling Reminiscence Painting	Ball Games Christmas Pack up Italian Cooking	Exercise in the gym Summer BBQ Puzzles Welcome to 2020 Social Group	Music & Dancing Cards Sensory activities	Tombola Rosary	Bowling Mass
13	14	15	16	17	18	19
Gardening Walking Group Newspaper reading Balloon Games	Exercises to Music Individual visit Pasta making	Men's Group Bowling Hand massage Craft Group	Bus Tour Exercise in the gym Walking Group Ball Games Men's Choir	Music & Dancing Movie and gelato Dog therapy	Balloon Games Rosary	Bocce Mass
20	21	22	23	24	25	26
Gardening Walking Group Puzzles Painting	Bus Tour Ball Games Reminiscence Reading Group	Balloon Games Walking Group Hand massage St Claire Mass	Exercise in the gym Bowling Cards Tombola	Music & Dancing Gardening Group Sensory activities	Bocce Rosary	Nail care Australia Day Lunch Mass
27	28	29	30	31		
	Bus Tour Exercises to Music Cards Ball Games	Gardening Group Individual visits Reminiscence Sensory activities	Exercise in the gym Bocce Nail care	Music & Dancing Newspaper reading Balloon Games		Rosary is on daily at 3:30pm. Program is subject to change.