

LIFESTYLE PROGRAM St. Francis – January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
 ASSISI			Bus Tour Exercises Hand Massages Men's Group	Exercise in the gym Bowling Painting in the piazza	Tombola Rosary	Mass
6	7	8	9	10	11	12
La Befana Summer BBQ Walking Group Bocce	Balloon games Doll Therapy Newspaper reading	Parlour Games St. Francis Mass	Floor Tombola Welcome to 2020 Social Group	Exercise in the gym Individual visits Coffee in the piazza Ball Games	Tombola Rosary	Mass
13	14	15	16	17	18	19
Gardening Hand massage Reminiscence Club	Pasta Making Coffee in the piazza Nail Care	Tombola Italian Cooking	Bus Tour Gentle exercises Men's Choir Parlour Games	Exercise in the gym Gardening Bowling Sensory activities	Tombola Rosary	Mass
20	21	22	23	24	25	26
Q&A with Paul Sing along Knitting Group	Bus Tour Weighted Exercises Coffee in the piazza	Floor Tombola Trivia Group Hand Massages	Balloon Games Valentine's Day - Card Making	Exercise in the gym Nail Care Individual visits Craft Group	Tombola Rosary	Australia Day Lunch Mass
27	28	29	30	31		
	Bus Tour Kindergarten Children Visit Walking & Gardening Group	Tombola Coffee in the piazza Sensory activities	Gentle exercises Valentine's Day - Card Making	Exercise in the gym Newspaper reading Dog therapy Hand Massage		Rosary is on daily at 1:15pm Program is subject to change