

LIFESTYLE PROGRAM St. Francis – February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					Tombola	Rosary & Mass
3	4	5	6	7	8	9
Beauty therapy Travel Reminisce Painting Group	Wildlife Bus Tour Kindergarten children Program Walks in the garden Bocce	Word games & trivia Pizza Lunch Day Individual visits Rosary and Mass	Q & A with Paul Singalong Men's Group Balloon Tennis	Exercises with the Physio Cooking discussion Pasta Making	Tombola	Rosary & Mass
10	11	12	13	14	15	16
Hand Massage Reading and conversation group House keeping Group Sensory group	Music therapy Tombola Warrandyte Bus Tour Walks in the garden Bocce	Rosary Word games & trivia Coffee Club Singalong	Gentle exercises Ball games Travel Reminisce House keeping group Sensory group	Exercises with the Physio Valentine's Day Lunch Individual visits Floor Tombola	Tombola	Rosary & Mass
17	18	19	20	21	22	23
Gentle exercises Ball games Men's Group Bocce	Carlton Bus Tour Kindergarten children Program Coffee Club Men's Choir	Rosary Word games & trivia Individual visits Art therapy	Gentle exercises Ball games Movie Screening Carnevale	Exercises with the Physio Walks in the garden Cooking discussion Pasta Making	Tombola	Rosary & Mass
24	25	26	27	28	29	
Coffee in the Piazza Gardening Travel Reminisce Ten Pin Bowling	Bundoora Bus Tour Music therapy Tombola Walks in the garden Bocce	Rosary Word games & trivia Coffee Club Singalong	Gentle exercises Ball games Painting Group Reading and conversation group	Exercises with the Physio Men's Group House keeping Group Sensory Group	Tombola	Rosary everyday @ 1:15pm until stated otherwise