

## LIFESTYLE PROGRAM St. Anthony and Padre Pio – March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b>	<b>31</b>					<b>1</b>
10am Stretching exercises 11am Walking Group 1:30pm Tombola	10am Gentle exercises 11am Individual visits 1:30pm Bocce					10am Bocce
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10am Strength Exercises 11am Walking Group 1:30pm Tombola	10am Gentle exercises 11am Individual visits 1:30pm Bocce	10am Gentle exercises 10:45am Walking Group 1pm Lawn Bowling Bus Trip 1:15pm Travel discussion	10am Gentle exercises <b>10:30am Veneto Club Luncheon Bus Trip</b> 11am St. Patrick's Day Craft 2pm Tombola	10am Studley Park Bus Tour 10am Weighted Exercises 11am Walking Group 1:30pm Tombola or Weekly Movie	10am Gentle Exercises	10am Bocce
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>10am Kindergarten kids visit</b> 11am Walking Group 1:30pm Coffee Club and reminisce group	<b>10:15am Guest speaker: Silvia Campo</b> <b>2:30pm Rosary and Mass</b> 3:15pm Individual visits	<b>10am Q and A with Paul</b> <b>11am Yarra Cruise Bus Trip</b> 1:30pm Tombola	10am Weighted Exercises 11am Walking Group 1pm Station Pier Bus Trip 1:30pm Tombola or Weekly Movie	10am Gentle Exercises	10am Bocce
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10am Strength Exercises 11am St. Patrick Day Craft 1:30pm Tombola	10am Gentle exercises 11am Walking Group <b>1:30pm Men's Choir</b>	10am Gentle exercises 11am Walking Group <b>1pm Irish Hotel Bus Trip</b> 1:15pm Tombola part 1 2:45pm Tombola part 2	10am Wildlife bus tour 10am Gentle exercises 11am Individual visits <b>1:30pm St. Patrick's Day Social Group</b>	10am Banyule walking bus trip 10am Weighted Exercises 11am Walking Group 1:30pm Tombola or Weekly Movie	10am Gentle Exercises	10am Bocce
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10am Strength Exercises 11am Men's Group 1:30pm Tombola	<b>10am Kindergarten kids visit</b> 11am Walking Group 1:30pm Coffee Club and reminisce group	10am Calabrian Cultural cooking <b>11:45am Calabrian Cultural Lunch</b> 1:15pm Memory Games <b>2:30pm Rosary and Mass</b>	10am Gentle exercises 11am Walking Group 1pm Shopping Bus Trip 1:30pm Tombola or Weekly Movie	10am Carlton Bus Tour 10am Weighted Exercises 11am Easter Craft <b>1:30pm Senior style clothing shop open</b> 2:30pm Tombola	10am Gentle Exercises	10am Bocce