

LIFESTYLE PROGRAM St. Claire – March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
10am Gentle exercises 1pm Quiet Music and puzzle club 2pm Balloon Tennis	10am Cultural Bus Tour 10am Kindergarten Kids Visit 1pm Quiet Music and hand massage 2pm Bocce				9:45am Gardening 1pm Nail Care	1pm Ten Pin Bowling
2	3	4	5	6	7	8
10am Sing along 1pm Quiet Music and hand massage 2pm Bocce	10am City Bus Tour 10am Kindergarten Kids Visit 1pm Quiet Music and puzzle club 2pm Gardening and walking group	10:30am Newspaper reading and discussion groups 1pm Quiet Music and individual visits 2:30pm Floor bobs	10am Gym Session 1pm Quiet Music and Card Games 2pm Coffee Club and reminisce	10am Music and dancing 1pm Pet therapy 2pm Housekeeping and Sensory Group	9:45am Gardening 1pm	1pm Quiet Music and hand massage
9	10	11	12	13	14	15
	10am Bayside Bus Tour 10am Puzzle club 10:45am Music therapy 1pm Quiet Music and Men's Group 2pm Walking group	10:30am Gentle exercises 1pm Quiet Music and hand massage 2pm Conversation Group	10am Gym Session 10:45am Card Games 1:15pm Pasta making session	10am Music and dancing 1pm Quiet Music and individual visits 2pm Bocce	9:45am Gardening 1pm Coffee Club and travel discussion	1pm Balloon Tennis
16	17	18	19	20	21	22
10am Gentle exercises 1pm Quiet Music and puzzle club 2pm Floor bobs	10am Kindergarten Kids Visit 10:45am Sing along 1pm Quiet Music/Cards 2pm Ten Pin Bowling or Men's Choir	10am Newspaper reading and discussion groups 1pm Biscuit making session 2:30pm Rosary and Mass	10am Gym Session 1pm Movie Screening 2pm St. Patrick's Day Social Group 3pm Q and A with Paul Cohen	10am Music and dancing 1pm Pet therapy 2pm Coffee Club and reminisce	9:45am Gardening 1pm Colour match Game	1pm Housekeeping and Sensory Group
23	24	25	26	27	28	29
10am Beauty therapy and hand massages 1pm Quiet Music and Men's Group 2pm Bocce	10am Country Bus Tour 10am Housekeeping and Sensory Group 10:45am Music therapy 1pm Quiet Music and individual visits 2pm Gardening and walking group	10:30am Gentle exercises 1pm Quiet Music and hand massage 2pm Balloon Tennis	10am Gym Session 10:45am Card Games 1:15pm Pizza making session	10am Music and dancing 1pm Quiet Music and puzzle club 2pm Coffee Club and travel discussion	9:45am Gardening 1pm Floor bobs	1pm Word Games