



ST Louis Estate Monthly Calendar

Carers No: 0411 632 310 (from 7:00 am – 10:00 pm)

ST LOUIS ESTATE
LIVE WELL

July 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|---|--|---|--|--|------------------|
| 1 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15 Men's Club (KL at back area) 5 pm | 2 Seniors Morning Tea (PDR) 10:30am (Priv.Function) Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) | 3 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Wednesday Dinning 6:30 pm (DR) | 4 Gentle Exercise 11:15 am (KL) Social Committee Meeting 2 pm (PDR) Activity Program 2 pm (unit 29) Casual Dinner 6:30 pm (KL) Cost \$15 | 5 Guest Speaker 10:15 am (KL) Jeoff Clark "Being Locum at Cunderin" Happy Hour 5 am (KL) | 6 Movie 1:30 pm (KL) Out of Africa | 7 Sunday Roast 12:30 pm (DR)- Roast Lamb | |
| 8 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15 | 9 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) | 10 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Wednesday Dinning 6:30 pm (DR) | 11 Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL) Activity Program 2 pm (unit 29) Hearing Clinic 9 am Computer Room Appointment Needed Dr. Visit 11 am Consulting Room Appointment Needed | 12 Guest Speaker 10:15 am (KL) Roy Stall "Maritime English" Casual Dinner 6:30 pm (KL) Cost \$15 | 13 | 14 Sunday Roast 12:30 pm (DR)- Roast Pork | |
| 15 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15 | 16 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) Christmas in July Luncheon 12:30 pm (DR) | 17 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am Birthday Morning Tea 10:30 am (KL) Wednesday Dinning 6:30 pm Movie 1:30 pm (KL) Annie Get Your Gun | 18 Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL) Activity Program 2 pm (unit 29) | 19 Guest Speaker 10:15 am (KL) Amanda Rowland "Body Talk" Casual Dinner 6:30 pm (KL) Cost \$15 | 20 | 21 Sunday Roast 12:30 pm (DR)- Roast Beef | |
| 22 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15 | 23 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) | 24 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Resident Committee Meeting 10 am (PDR) Wednesday Dinning 6:30pm(DR) | 25 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) | 26 Guest Speaker 10:15 am (KL) Richard Hazlewood "Tin Pan Alley and The Great American Songbook" Casual Dinner 6:30 pm (KL) | 27 Chef's Winter Gourmet Breakfast 9 am – 12 pm / Cost \$25.00 Homestead Restaurant Ask Reception for copy of menu Booking Required | 28 Sunday Roast 12:30 pm (DR)- Roast Lamb | |
| 29 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL) Cost \$15 | 30 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 29) | 31 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Wednesday Dinning 6:30 pm (DR) | | | | | |
| Exercise | Functions | Guest Speakers | Dinners | Activity Program | Shopping Bus | Meetings | Private Function |