



ST Louis Estate Monthly Calendar

October 2019

ST LOUIS ESTATE
LIVE WELL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Senior morning tea 10:30 am (PDR) Activity Program 2 pm (KL) Agelink Rehearsal (KL) 6:00 pm	2 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30 pm (DR)	3 Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:00 pm (PRD)	4 Guest Speaker 10:15 am (KL) Alana Marshall "The Library Within" Happy Hour 5:00 pm (KL) Casual Dinner 6:30 pm (KL)	5 Movie 1:30 pm (KL) The Lady in the Van	6 Sunday Roast 12:30 pm (DR) Roast Pork & Vegetables	
7 Chair Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL)	8 Activity Program 2 pm (KL) Agelink Rehearsal (KL) 6:00 pm	9 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30 pm (DR)	10 Hearing Clinic 9 am (CR) Appointment Needed Dr. Visit 11 am Consulting Room Appointment Needed Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL)	11 St Quentin Dental Clinic 9:15am - 12:15 pm Appointment Needed Guest Speaker 10:15 am (KL) Michaels Pharmacy Team "On Services" Casual Dinner 6:30 pm (KL)	12	13 Sunday Roast 12:30 pm (DR) Roast Beef & Vegetables	
14 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	15 Bus Trip 8:45 am (Homestead) "Dwelling Up Forest Heritage Centre and Wildflowers" Gentle Exercise 11:15 am (KL) Activity Program 2 pm (KL) Agelink Rehearsal (KL) 6:00 pm	16 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am (HS) Birthday Morning Tea 10:30 am (KL) Wednesday Dining 6:30 pm (DR)	17 Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) Mr Turner	18 Guest Speaker 10:15 am (KL) Graeme Leinart "Travel" Pizza Night 6:30 pm (KL)	19	20 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
21 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	22 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (KL) Agelink Rehearsal (KL) 6:00 pm	23 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Residents Committee Meeting 10:00 am (PDR) Wednesday Dining 6:30pm (DR)	24 Gentle Exercise 11:15 am (KL)	25 Guest Speaker 10:15 am (KL) Classic Meat "Meat Industry" Casual Dinner 6:30 pm (KL)	26	27 Sunday Roast 12:30 pm (DR)- Roast Pork & Vegetables	
28 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	29 Harry Perkins Tour Gentle Exercise 11:15 am (KL) Activity Program 2 pm (KL) Agelink Rehearsal (KL) 6:00 pm	30 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wed Dining 6:30 pm (DR)	31 Gentle Exercise 11:15 am (KL)				
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function