



ST LOUIS ESTATE
LIVE WELL

ST Louis Estate Monthly Calendar

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

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
30/ September Public Holiday Queen's Birthday Office & Kitchen Closed						1 Sunday Roast 12:30 pm (DR) Father's Day Roast Beef	
2 Amanda Rowland Body Talk 9:00 am Consulting Rm Chair Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL)	3 Amanda Rowland Body Talk 9:00 am Consulting Rm Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25) Senior morning tea 10:30 am (PDR)	4 Amanda Rowland Body Talk 9:00 am Computer Rm Aqua Aerobics 9 am (PL) Roogenic Tea Tasting 10:30 am (KL) Bus to Shopping Centre 10 am Wed Dinning 6:30 pm (DR)	5 Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:00 pm (PRD) Brain Train 2:00 pm (Unit 25) Dr. Visit 11 am Consulting Room Appointment Needed Casual Dinner 6:30 pm (KL)	6 Guest Speaker 10:15 am (KL) Anne Brake "CY O'Connors Golden Pipeline" Happy Hour 5:00 pm (KL)	7 Movie 1:30 pm (KL) Bohemian Rhapsody	8 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
9 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	10 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	11 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am (HS) Wednesday Dinning 6:30 pm	12 Gentle Exercise 11:15 am (KL) Bingo 1:30 pm (KL) Activity Program 2 pm (unit 25) Hearing Clinic 9 am Computer Room Appointment Needed	13 Guest Speaker 10:15 am (KL) Louis Higham "World War 2 Veterans" Casual Dinner 6:30 pm (KL)	14	15 Sunday Roast 12:30 pm (DR)- Roast Pork & Vegetables	
16 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	17 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	18 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Birthday Morning Tea 10:30 am (KL) Wednesday Dinning 6:30pm(DR)	19 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25) Movie 1:30 pm (KL) Victoria & Abdul	20 Guest Speaker 10:15 am (KL) Commander Bob Trotter "World War 2 Submarine Fremantle 1942-45" Pizza Night 6:30 pm (KL)	21	22 Sunday Roast 12:30 pm (DR)- Roast Beef & Vegetables	
23 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	24 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25)	25 Aqua Aerobics 9 am (PL) Trip to Optus Stadium 10:15 am homestead Resident Committee Meeting 10 am (PDR) Bus to Shopping Centre 10 am Wed Dinning 6:30 pm (DR)	26 Gentle Exercise 11:15 am (KL) Activity Program 2 pm (unit 25) Biggest Afternoon Tea for Cancer Foundation 2:00 – 3:00 pm (KL) Cost \$20.00	27 Guest Speaker 10:15 am (KL) Wally Fryer "Where there's a will there's a relative!" Casual Dinner 6:30 pm (KL)	28	29 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function

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