



ST Louis Estate Monthly Calendar

November 2019

ST LOUIS ESTATE
LIVE WELL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				1 Guest Speaker - 10:15 am (KL) Uni-care "Daily living Aids Equipment" Casual Dinner 6:30 pm (KL)	2 Movie 1:30 pm (KL) The Bank Job	3 Sunday Roast 12:30 pm (DR) Roast Beef & Vegetables	
4 Chair Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL)	5 Gentle Exercise 11:15 am (KL) Agelink Rehearsal (KL) 6:00 pm Melbourne Cup Luncheon 11:30 (KL) Followed in (DR) at 12:30	6 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30 pm (DR)	7 Dr. Visit 11 am Consulting Room Appointment Needed Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:30 pm (PDR) Happy Hour 5:00 pm	8 Guest Speaker - 10:15 am (KL) Amanda Rowland "Wellness & the New Medicine" Casual Dinner 6:30 pm (KL)	9	10 Sunday Roast 12:30 pm (DR) Roast Lamb & Vegetables	
11 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	12 Gentle Exercise 11:15 am (KL) Agelink Rehearsal (KL) 6:00 pm	13 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am (HS) Morning Tea for Karen Wynn (Carer) 10:30 am (KL) Wednesday Dining 6:30 pm (DR)	14 Gentle Exercise 11:15 am (KL) Hearing Clinic 9 am (CR) Appointment Needed Bingo 1:30 pm (KL)	15 Fashion Show - 10:15 am (KL) BBQ 6:30 pm (BBQ Area)	16	17 Memorial for Eric Lyons 10:00 am - 12:00 pm Homestead Lawn Sunday Roast 12:30 pm (DR)- Roast Pork & Vegetables	
18 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	19 Gentle Exercise 11:15 am (KL) Agelink Rehearsal (KL) 6:00 pm	20 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am (HS) Birthday Morning Tea 10:30am (KL) Wednesday Dining 6:30pm (DR)	21 Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Guernsey	22 Guest Speaker - 10:15 am (KL) Robin Tunnicliff & Charlie Townsend "Plane Tails from the Cockpit" Casual Dinner 6:30 pm (KL)	23	24 Sunday Roast 12:30 pm (DR)- Roast Beef & Vegetables	
25 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	26 Gentle Exercise 11:15 am (KL) Agelink Rehearsal (KL) 6:00 pm	27 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wed Dining 6:30 pm (DR) Residents Committee Meeting 10:00 am (PDR)	28 Gentle Exercise 11:15 am (KL)	29 Guest Speaker - 10:15 am (KL) Agelink Theatre "Summer Holiday" Casual Dinner 6:30 pm (KL)	30		
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function