



ST Louis Estate Monthly Calendar

February 2020

ST LOUIS ESTATE
LIVE WELL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					1 Movie 1:30pm (KL) Downton Abby	2 Sunday Roast 12:30 pm (DR) Roast Pork & Vegetables	
3 Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL)	4 Gentle Exercise 11:15 am (KL) Private Function Seniors (PDR) Bus to Shopping Centre 10am	5 Aqua Aerobics 9 am (PL) Activity Group 10:30am (KL) Wednesday Dining 6:30 pm (DR)	6 Dr. Visit 11am Consulting Room Appointment Needed Gentle Exercise 11:15 am (KL) Social Committee Meeting 2:30pm (PDR) Happy Hour 5:00pm	7 Guest Speaker 10:15am (KL) Richard Offen "Perth Theatres & Cinemas" Casual Dinner 6:30 pm (KL)	8	9 Sunday Roast 12:30 pm (DR) Roast Beef & Vegetables	
10 Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	11 Gentle Exercise 11:15 am (KL) Bus to Shopping Centre 10am	12 Aqua Aerobics 9 am (PL) Activity Group 10.30am (KL) Valentine Movie & Dinner Indiscreet Movie starts 4:00pm (KL) Wednesday Dining 6:30pm (DR)	13 Gentle Exercise 11:15 am (KL) Hearing Clinic 9am (CR) Appointment Needed Bingo 1:30 pm (KL)	14 Guest Speaker 10:15am (KL) Dr Kenneth Collins "What Rotary is About" Casual Dinner 6.30pm (KL)	15	16 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
17 Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	18 Gentle Exercise 11:15 am (KL) Bus to Shopping Centre 10am	19 Aqua Aerobics 9 am (PL) Resident Committee Meeting 2:30pm (PDR) Activity Group 10:30am (KL) Wednesday Dining 6:30 pm (DR)	20 Gentle Exercise 11:15 am (KL) Birthday Morning Tea 10:30am (KL) Movie 1:30 pm (KL) Mary Poppins Returns	21 Guest Speaker 10:15am (KL) Karen McLaren "Energy Trading" BBQ 6:00pm (BBQ Area) Booking Required at Reception	22	23 Sunday Roast 12:30 pm (DR)- Roast Turkey & Vegetables	
24 Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	25 Gentle Exercise 11:15 am (KL) Bus to Shopping Centre 10am	26 Aqua Aerobics 9 am (PL) Activity Group 10:30am (KL) Wednesday Dining 6:30 pm (DR)	27 Gentle Exercise 11:15 am (KL)	28 Guest Speaker 10:15am (KL) Stay on your Feet "Move, Improve, Remove" Casual Dinner 6:30pm (KL)	29		
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function