



ST LOUIS ESTATE
LIVE WELL

ST Louis Estate Monthly Calendar

JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1 Public Holiday Drinks & Nibbles (KL)	2 Dr. Visit 11 am Consulting Room Appointment Needed Gentle Exercise 11:15 am (KL) Happy Hour 5:00 pm	3 Casual Dinner 6:30 pm (KL)	4 Movie 1:30 pm (KL) Mary Poppins Returns	5 Sunday Roast 12:30 pm (DR) Roast Pork & Vegetables	
6 Chair Yoga 2:30 pm (KL) Men's Club 5:00 pm (KL) Pasta Night 6:30 pm (KL)	7 Gentle Exercise 11:15 am (KL)	8 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30 pm (DR)	9 Gentle Exercise 11:15 am (KL)	10 Casual Dinner 6:30 pm (KL)	11	12 Sunday Roast 12:30 pm (DR) Roast Beef & Vegetables	
13 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	14 Gentle Exercise 11:15 am (KL)	15 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10am Birthday Morning Tea 10:30am (KL) Wednesday Dining 6:30 pm (DR)	16 Gentle Exercise 11:15 am (KL) Movie 1:30 pm (KL) The Bank Job	17 BBQ 6:30 pm (BBQ Area)	18	19 Sunday Roast 12:30 pm (DR)- Roast Lamb & Vegetables	
20 Chair Yoga 2:30 pm (KL) Pasta Night 6:30 pm (KL)	21 Gentle Exercise 11:15 am (KL)	22 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30pm (DR) Residents Committee Meeting 10:00 am (PDR)	23 Gentle Exercise 11:15 am (KL)	24 Casual Dinner 6:30 pm (KL)	25	26 Sunday Roast 12:30 pm (DR)- Australia Day Lunch	
27 Public Holiday Office & Kitchen closed	28 Gentle Exercise 11:15 am (KL)	29 Aqua Aerobics 9 am (PL) Bus to Shopping Centre 10 am Wednesday Dining 6:30 pm (DR)	30 Gentle Exercise 11:15 am (KL)	31 Casual Dinner 6:30 pm (KL)			
Exercise	Functions	Guest Speakers	Dinners	Activity Program	Shopping Bus	Meetings	Private Function