






















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLEASE NOTE: <ul style="list-style-type: none"> - More activities will be added in the upcoming months. - Outdoor events are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. - Individual Visits will run between the activities. - If we go into a facility outbreak, the lifestyle team will be doing individual visits instead of group activities to keep all residents safe - Your feedback is important to us. Please email lifestyle@melvistaagedcare.com.au to contribute to our monthly calendars in any way or please 		1 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>2:45PM Movie: Out of Africa (1985) (Each Lounge)</p>  <p>In Loving Memory of Robert Redford August 18, 1936 – September 16, 2025</p>	2 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Seated Games (Lifestyle Room)</p> 	3 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Happy Hour (Club Room)</p> 	4 World Animal Day <p>10:00AM Wheelchair Walk/Spending Time Outdoors</p>  <p>11:00AM Incredible Wildlife Scenes by David Attenborough (Café)</p>  <p>1:00PM Individual Visits</p>	5 <p>10:00AM Resident's Choice</p> <p>11:30AM Songs of Praise (Lounge next to Lifestyle Room)</p>  <p>1:00PM Individual Visits</p>
6 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Bingo (Lifestyle Room)</p> 	7 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p> 	8 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Art & Craft (Lifestyle Room)</p> 	9 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Violin Played by Vivenne (Melvista Club)</p> 	10 World Mental Health Day <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Café)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Walk & Talk (Individual Visit)</p> 	11 <p>10:00AM Wheelchair Walk/Spending Time Outdoors</p>  <p>11:00AM Morning Tea & Conversation (Club Room)</p> <p>1:00PM Individual Visits</p>	12 <p>10:00AM Resident's Choice</p> <p>11:30AM Songs of Praise (Lounge next to Lifestyle Room)</p>  <p>1:00PM Individual Visits</p>
13 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Bingo (Lifestyle Room)</p> 	14 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p> 	15 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Table Games (Lifestyle Room)</p> <p>2:45PM Documentary: Escape to The Country</p> 	16 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Seated Games (Lifestyle Room)</p> 	17 <p>10:00AM Chair Exercise (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>12:30PM Residents Luncheon (Melvista Club Balcony)</p>  <p>2:45PM Happy Hour (Club Room)</p> 	18 <p>10:00AM Wheelchair Walk/ Spending Time Outdoors</p>  <p>11:00AM Morning Tea & Conversation (Club Room)</p> <p>1:00PM Individual Visits</p>	19 <p>10:00AM Resident's Choice</p> <p>11:30AM Songs of Praise (Lounge next to Lifestyle Room)</p>  <p>1:00PM Individual Visits</p>

