

ORYX				OCTOBER LIFESTYLE CALENDAR 2025			THE RICHARDSON	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
PLEASE NOTE:		1	2	3 The Richardson Oktoberfest	4	5		
<div><div>- Outdoor events are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors.</div><div>- Individual Visits will run between the activities.</div><div>- If we go into a facility outbreak, the lifestyle team will be doing individual visits instead of group activities to keep all residents safe.</div></div>		10:30AM Chair Exercise L1 12:30PM Ladies BBQ L1 3:00PM Hand Pampering & Paraffin Therapy L1 	10:30AM Chair Exercise L1 11:30 Aroma Therapy L1 1:45PM Move Your Body L1 2:45PM Cooking Icebox cookies L1 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1 1:30PM Individual Visits 2:45PM Beer tasting. (With German music) 	10:00AM Wheelchair Walk (Individual) 2:00PM Individual Walk (outside and inside)	10:00AM Individual Visits 11:30AM Songs of Praise (Theatre) 2:00PM Movie (Theatre) Rock a Bye Baby1958		
6 Hairdresser	7	8	9 Beautician	10 World Mental Health Day	11	12		
10:30AM Chair Exercise L1 11:15AM Individual Visits 1:45PM Move Your Body L1 2:45PM Bingo L1 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1  1:45PM Quiz L1 2:45PM Seated Games L1	10:30AM Seated Dance L1 11:15AM Presentation by Linda (Theatre) 2:00PM Hand Pampering L1 	10:30AM Violin played by Vivienne L1  1:45PM Move Your Body L1 3:10PM Catholic Service (Theatre) 3:30PM Buddhist pray L2 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1 1:30PM Individual Visits 2:45PM Armchair Travel to Germany (Restaurant) 	10:00AM Wheelchair Walk (Individual) 2:00PM Pet Therapy with Daisy (Individual Visits) 	10:00AM Individual Visits 11:30AM Songs of Praise (Theatre) 2:00PM Table Games L1		
13 Hairdresser	14	15	16	17	18	19		
10:30AM Chair Exercise L1 11:15AM Hand Therapy L5 1:45PM Move Your Body L1 2:45PM Bingo L1 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1  1:45PM Laundry Folding L1 2:45PM Seated Games L1	10:30AM Chair Exercise L1 11:30PM Individual Visits 12:30PM Men's BBQ(Courtyard) 2:45PM Hand Pampering & Paraffin Therapy L1 	10:00AM Church Service (Theatre) 10:30AM Chair Exercise L1  1:45PM Move Your Body L1 2:30PM Famous Photographs by Denis (Theatre)	10:30AM Chair Exercise L1 11:15AM Morning Tea L1 1:30PM Individual Visits 2:00PM Movie (Restaurant) A Day in A Life	10:00AM Individual Visits 11:30AM Wheelchair Walk (Individual) 2:00PM Jewellery Making L1 	10:00AM Individual Visits 11:30AM Songs of Praise (Theatre) 2:00PM Individual Walk (Outside and inside)		
20 Hairdresser	21	22	23 Beautician	24	25	26		
10:30AM Chair Exercise L1 11:15AM Individual Visits 1:45PM Move Your Body L1 2:45PM Bingo L1 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1  2:00PM Hand Pampering & Paraffin Therapy L1 	10:30AM Chair Exercise L1 11:30PM Individual Visits 2:30PM Ladies High Tea L1 	10:30AM Chair Exercise L1 11:30AM Social Book Club By invitation L1 1:45PM Melbourne Cup Craft 3:30PM wheelchair walks	10:30AM Chair Exercise L1 11:15AM Morning Tea L1 1:30PM Individual Visits 2:45PM Happy Hour With MATT PRICE (Restaurant) 	10:00AM Individual Visits 10:30AM Wheelchair Walk/Time in the Garden 2:00PM Movie (Theatre) From Time to Time	10:00AM Individual Visits 11:30AM Songs of Praise (Theatre) 2:00PM Table Games L1		
27 Hairdresser	28	29	30 Pink Ribbon Day	31	PLEASE NOTE:			
10:30AM Chair Exercise L1 11:15AM Individual Visits 2:00PM Bus Trip Fremantle by invitation  2:45PM Bingo L1 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1  2:00PM Cooking Make your own Trifle L1 	10:30AM Seated Dance L1 11:15AM Melbourne cup Craft L1 2:00PM Hand Pampering & Paraffin Therapy L1 	10:30AM Chair Exercise L1 11:15AM Social Club (Cafe) 2PM Resident & Representative Meeting L1 3:15PM Afternoon Tea in the Garden 	10:30AM Chair Exercise L1 11:15AM Morning Tea L1 1:30PM Individual Visits 2:45PM Music appreciation Beatles (Restaurant) 	<div>-Your feedback is important to us. Please speak to one of the lifestyle team or email lifestyle@therichardson.com.au to contribute to our monthly calendars in any way or please complete a feedback form at our reception.</div>			

