
















DECEMBER LIFESTYLE CALENDAR 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 2:00PM L1 Christmas Tree Decoration 3:00PM L3 Christmas Tree Decoration 	2 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Christmas Tree Decoration (Melvista Club) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room) 	3 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Jingle Bell Race (Lifestyle Room) 	4 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Walk & Talk (Individual or Group) 	5 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Happy Hour: The Nutcracker: Christmas Ballet (Café TV) 	6 10:00AM Wheelchair Walk/Spending Time Outdoors 11:00AM Make Your Own Baubles (Lifestyle Room)  1:00PM Individual Visits	7 10:00AM Resident's Choice 11:30AM Songs of Praise (Lounge next to Lifestyle Room)  1:00PM Individual Visits
8 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Christmas Bingo (Lifestyle Room) 	9 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room) 	10 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Decorating Gingerbread House (Lifestyle Room) 	11 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Movie: Christmas with The Kranks (2004) PG 	12 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Happy Hour: Christmas with Andre Rieu (Café TV) 	13 10:00AM Wheelchair Walk/Spending Time Outdoors 11:15AM Quiz (Café) 1:00PM Individual Visits	14 10:00AM Resident's Choice 11:30AM Songs of Praise (Lounge next to Lifestyle Room)  1:00PM Individual Visits

PLEASE NOTE:

- 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 complete a feedback form at our reception.