
































DECEMBER LIFESTYLE CALENDAR 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Christmas Bingo (Lifestyle Room) 	16 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room) 	17 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Christmas Card Making (Lifestyle Room) 	18 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Movie: White Christmas (1954) (Each Lounge) 	19  10:30AM Christmas Party with JanieO (on the Terrace) 1:30PM Individual Visit  2:45PM Festive Cocktail Hour (Café) 	20 10:00AM Wheelchair Walk/Spending Time Outdoors  11:00AM Christmas Sing-alongs (Lifestyle Room)  1:00PM Individual Visits	21 10:00AM Resident's Choice 11:30AM Songs of Praise (Lounge next to Lifestyle Room)  1:00PM Individual Visits
22 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Christmas Bingo (Lifestyle Room) 	23 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room) 	24 Christmas Eve 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Deck the Bowls (Lifestyle Room) 	25 Christmas Day  8:30AM Santa Claus is Coming To Town (Each Floor)  9:30AM Individual Visits 12:00PM Christmas Lunch (Café) 2:00PM Movie: The Grinch 	26 Boxing Day 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) 1:30PM Walk & Talk (Individual or Group)  2:45PM Happy Hour (Cafe) 	27 10:00AM Wheelchair Walk/Spending Time Outdoors  11:00AM Quiz (Café)  1:00PM Individual Visits	28 10:00AM Resident's Choice 11:30AM Songs of Praise (Lounge next to Lifestyle Room)  1:00PM Individual Visits
29 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room) 	30 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room) 	31 New Years Eve 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM New Years Eve Celebration (Café) 	1 New Years Day 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Balloon Game (Lifestyle Room) 	2 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) (1-2PM Ground Floor Christmas Tree down) 2:45PM Table Games (Lifestyle Room) 	3 10:00AM Wheelchair Walk/Spending Time Outdoors  11:00AM Karaoke/ Sing-alongs (Lifestyle Room)  (12-1PM L1 Christmas Tree down)	4 10:00AM Resident's Choice 11:30AM Songs of Praise (Lounge next to Lifestyle Room)  (12-1PM L3 Christmas Tree down)

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.