








<div> <div>  <div>ORYX</div> </div> <div> <div>DECEMBER LIFESTYLE CALENDAR</div> <div>  </div> </div> <div>  <div>THE QUEENSLEA</div> </div> </div>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 Hairdresser & Beautician	5	6	7
10AM Chair Exercise (floors) 11AM Bingo (Café) <b>2PM Christmas Tree Decoration</b> 	10AM Pool Noodles Exercise (floors) <b>11AM Performance with Matt Price (Café)</b> 1:45PM Ladies Nails Club 3PM Individual Visits	10AM Chair Exercise (floors) 11AM Walking Group and coffee <b>2PM Table games (Garden Room)</b> 3PM Individual Visits	10AM Pool Noodles Exercise (floors) <b>11AM Christmas Global Quiz (Café)</b> 1:30PM Individual Visits 2:30PM Knit & Yap	10AM Chair Exercise (floors) <b>11AM Choir group (Café) / Poetry Club (Garden Room)</b> 2PM Bingo (Café) 3PM Happy Hour	10AM Floor Games <b>10:30AM Community Choir (Café)</b> <b>1:30PM Christmas Photo Booth making (Garden Room)</b>	<b>10AM Wheelchair Walk/Time Outdoors</b> 11:30AM Songs of Praise (Café) <b>1:30PM "Christmas on the Vine" Movie</b>
8	9	10	11 Hairdresser All Day	12	13	14
10AM Chair Exercise (floors) 11AM Bingo (Café) <b>2PM Music Appreciation – The History of Christmas Carols</b>	10AM Pool Noodles Exercise (floors) <b>11AM Christmas Sing-alongs (Café)</b> 1:45PM Ladies Nails Club 3PM Individual Visits	10AM Chair Exercise (floors) <b>11AM Walking Group and coffee</b> <b>2PM Paint Your Own Christmas Ornaments (Garden Room)</b> 3PM Individual Visits	<b>10AM Anglican Service (Garden Room)</b> 11AM IGA Walking Group/Quiz (Café) 1:30PM Individual Visits <b>2PM Christmas Card Making (Garden Room)</b>	10AM Chair Exercise on floors <b>11AM Ballet (Garden Room)</b> <b>2PM Christmas Bingo (Café)</b> 3PM Happy Hour in Café 	10AM Floor Games (Garden Room) <b>11AM Karaoke in Café</b>  1:30PM Walking Group and coffee	<b>10:30AM Table Games (Garden Room)</b> 11:30AM Songs of Praise (Café) <b>1:30PM "Santa's Boots" Movie (each floor)</b>
15	16	17	18 Hairdresser All Day	19	20	21
10AM Chair Exercise (floors) 11AM Bingo (Café) <b>2PM Armchair Travel to Austria</b> 	10AM Pool Noodles Exercise (floors) <b>11AM Christmas trivia quiz (Café)</b> 1:45PM Ladies Nails Club 3PM Individual Visits	<b>11AM Performance with Toni Bianco (Café)</b> <b>12:30PM Christmas Luncheon in Café</b>  3PM: Individual Visits	10AM Chair Exercise (floors) 11AM IGA Walking Group 1:30PM Individual Visits <b>2:30PM Knit and Yap (Garden Room)</b>	10AM Chair Exercise (floors) <b>11AM Choir Group (Café)/ Poetry Club (Garden Room)</b> 1:45PM Floor Games (Garden Room) 3PM Happy Hour	10AM Floor Games <b>11AM Christmas Sing-alongs (Café)</b>  <b>1:30PM Christmas Craft DIY Frame Ornaments (Garden Room)</b>	<b>10AM Wheelchair Walk/Time Outdoors</b> 11:30AM Songs of Praise (Café) <b>1:30PM "Dear Christmas" (each floor)</b>
22	23	24	25 Christmas Day	26 Boxing Day	27	28
10AM Chair Exercise (floors) 11AM Bingo (Café) <b>2PM Baking "Shortbread Cookies" (Garden Room)</b>	10AM Pool Noodles Exercise (floors) <b>11AM Resident &amp; Representative Meeting</b> 1:45PM Ladies Nails Club 3PM Individual Visits	<b>10AM Chair Exercise (floors)</b> <b>11AM Christmas Quiz Café</b> <b>2PM Sharing Christmas Memories and hot choc (Café)</b> 3PM Individual Visits	10AM Pool Noodles Exercise <b>11AM Choir Group and Christmas Photo Booth session</b>  1:45PM Christmas Memory Tree (Café) 3PM Individual Visits	10AM Chair Exercise on floors <b>11AM Walking Group and coffee</b> 2PM Bingo in Café 3PM Happy Hour	<b>10AM Floor Games (Garden Room)</b> 11AM Karaoke (Café) 1:30PM End-of-Year Craft: Vision Board for 2026	10:30AM Table Games (Garden Room) <b>11:30AM Songs of Praise (Café)</b> <b>1:30PM "Grown for Christmas" Movie (each floor)</b>
29	30	31 NEW YEAR'S EVE	PLEASE NOTE:			
10AM Chair Exercise (floors) 11AM Bingo (Café) <b>2PM Music Appreciation – Frank Sinatra</b>	10AM Pool Noodles Exercise (floors) <b>11AM Walking Group and coffee</b> 1:45PM Ladies Nails Club 3PM Individual Visits	<b>10AM Wellness with Jen</b>  11AM End-of-Year Craft: Vision Board for 2026 (Garden Room)  <b>2PM Drinks, cocktails, Family and Chef's Table Raffle Draw!!</b>	<ul style="list-style-type: none"> <li>- Chair exercise will be happening on the floors. This can change under certain circumstances (i.e. short staff) all staff &amp; residents will be informed as soon as any changes occur.</li> <li>- Outdoor activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors.</li> <li>- We will be having a Resident and Representative on <b>23 of December</b>. We encourage more families to attend</li> <li>- If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits.</li> <li>- If you/ your loved one has been chosen to attend the bus trip, you will receive an email or memo before the trip.</li> </ul>			