



# JANUARY LIFESTYLE CALENDAR 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>6</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room)	<b>7</b> 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>2:30PM</b> <i>Live Performance with Daniel Drieberg</i> 4:00PM Individual Visit	<b>8</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation <b>2:45PM Movie:</b> (1958) <i>Elvis Presley's Birthday 8/1/1935</i>	<b>9</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits <b>2:45PM</b> <i>Music Appreciation: Elvis Presley (Café)</i>	<b>10</b> 10:00AM Wheelchair Walk/Spending Time Outdoors 11:15AM <b>QUIZ</b> (Café) 1:00PM Individual Visits	<b>11</b> <b>10:00AM Resident's Choice</b> 11:30AM Songs of Praise (Lounge next to Lifestyle Room) 1:00PM Individual Visits
<b>12</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>13</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>1:45PM</b> <i>Anglican Service (Lifestyle Room)</i> 2:45PM Hand Pampering (Lifestyle Room)	<b>14</b> 10:00AM Seated Dance Exercises (Lifestyle Room) <b>11:00AM</b> <i>Morning Tea with Jay Weston (Cafe)</i> 1:30PM Individual Visit	<b>15</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Table Games	<b>16</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 11:15AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Walk & Talk (Individual or Group)	<b>17</b> 10:00AM Wheelchair Walk/Spending Time Outdoors 11:15AM <i>Jewellery Making (Lifestyle Room)</i> 1:00PM Individual Visits	<b>18</b> <b>10:00AM Resident's Choice</b> 11:30AM Songs of Praise (Lounge next to Lifestyle Room) 1:00PM Individual Visits
<b>19</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>20</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room)	<b>21</b> 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Walk & Talk (Individual or Group) 2:45PM Art & Craft (Lifestyle Room)	<b>22</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>2:45PM Movie:</b> <i>My Fair Lady (1964)</i> 2:45PM Table Games	<b>23</b> 10:00AM Dumbbell Exercises (Lifestyle Room) <b>12:30PM</b> <i>Australia Day BBQ (area to be confirmed due to hot weather conditions)</i> <b>2:45PM Armchair Travel to Australia (Café)</b>	<b>24</b> 10:00AM Wheelchair Walk/Spending Time Outdoors <b>11:00AM Australian Quiz (Lifestyle Room)</b> 1:00PM Individual Visits	<b>25</b> <b>10:00AM Resident's Choice</b> 11:30AM Songs of Praise (Lounge next to Lifestyle Room) 1:00PM Individual Visits
<b>26 Australia Day</b>	<b>27</b> 10:00AM Dumbbell Exercises (Lifestyle Room) <b>10:45AM Coffee &amp; Lamingtons (Cafe)</b> 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>28</b> 10:00AM Ball Exercises (Lifestyle Room) <b>10:45AM Morning Tea &amp; Listening to The Best of Mozart (Cafe)</b> 2:45PM Hand Pampering (Lifestyle Room) <i>Mozart's Birthday 27/1/1756</i>	<b>29</b> <b>9:15AM Bus Trip to Elizabeth Quay (Speak to Lifestyle Team) (Subject to Weather)</b> 1:30PM Walk & Talk (Individual or Group) 2:45PM Table Games (Lifestyle Room)	<b>30</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>2:00PM Resident &amp; Representative Meeting (Lifestyle Room)</b> 2:45PM Happy Hour (Melvista Club)	<b>31</b> 10:00AM Wheelchair Walk/Spending Time Outdoors 11:15AM Karaoke/ Sing-alongs (Lifestyle Room) 1:00PM Individual Visits	<b>1</b> <b>10:00AM Resident's Choice</b> 11:30AM Songs of Praise (Lounge next to Lifestyle Room) 1:00PM Individual Visits

- 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](mailto:lifestyle@melvistaagedcare.com.au) to contribute to our monthly calendars in any way or please complete a feedback form at our reception.