



JANUARY LIFESTYLE CALENDAR 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 New Year's Day	2	3	4
All Activities are conducted on Level 1, unless otherwise stated. Outdoor activities are weather permitting, if an activity is affected by the weather, an alternative will be offered indoors. If we go into a facility outbreak, the lifestyle team will offer individual visits. Your feedback is important to us, please speak to one of the lifestyle team or please complete a feedback form at our reception.			10:00 Cardio exercises with Morning tea 11:30 1:1 resident visits (rooms) 14:00 Welcome to 2026 Afternoon Tea and Games	10:00 Ball exercises with Morning tea 11:30 1:1 resident visits (rooms) 14:00 Happy hour	10:00 Individual Walking 11:30 1:1 resident visits 14:00 Documentary: David Attenborough's "Great Barrier Reef" <small>ABC iview</small>	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 12:00 1:1 resident visits 14:00 Table Games
5 Hairdresser	6	7	8 Elvis' Birthday	9	10	11
10:00 Noodle exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Dumbell exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Band exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:30 Violin with Vivienne and morning tea 14:00 Cardio exercises with afternoon tea <small>15:10 Catholic service G</small>	10:00 Ball exercises with Morning tea 11:30 1:1 resident visits (rooms) 14:00 Celebrating Elvis at Happy Hour	10:00 Individual Walking 11:30 1:1 resident visits 14:00 Movie: Elvis in "Love me Tender" or "Kid Galahad"	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 12:00 1:1 resident visits 14:00 Table Games
12 Hairdresser	13	14	15 Beautician	16	17	18
10:00 Noodle exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Dumbell exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Band exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Cardio exercises with Morning tea <small>14:00 Buddhist prayer Group L2</small>	10:00 Ball exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Individual Walking 11:30 1:1 resident visits (rooms) 14:00 Arts and Crafts: Surf's Up Art project	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 12:00 1:1 resident visits 14:00 Table Games
14:00 Aussie Bingo with afternoon tea	12:00 Men's Group- BBQ 14:00 1:1 resident visits	14:00 Pampering and afternoon tea	14:00 Aussie Quiz with afternoon tea	14:45 Happy hour with Matt Price (restaurant)		
19 Hairdresser	20	21 Hug Day	22	23	24	
10:00 Noodle exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Dumbell exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Band exercises with Morning tea 11:30 1:1 resident visits	10:00 Cardio exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Ball exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Individual Walking 11:30 1:1 resident visits 14:00 Arts and Crafts: Boomerangs and Bush Collage	10:00 Individual Walking 11:30 Songs of Praise (Theatre) 12:00 1:1 resident visits 14:00 Table Games
14:00 Aussie Bingo with afternoon tea	14:00 Ladies High Tea	14:00 Pampering and afternoon tea	14:00 Armchair travel Tasmania	14:45 Happy hour		
26 Australia Day	27	28 Hairdresser	29	30	31	
10:00 Noodle exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Bus Outing Kings Park 10:00 Dumbell exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Band exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Cardio exercises with Morning tea 11:30 1:1 resident visits (rooms)	10:00 Ball exercises with Morning tea 11:00 Book Club @ Café 14:00 Resident and Relatives Meeting with afternoon tea	10:00 Individual Walking 11:30 1:1 resident visits 14:00 Documentary: David Attenborough's "The Penguin King" <small>ABC iview</small>	
14:00 Aussie Bingo with afternoon tea	14:00 Table Games	14:00 Pampering and afternoon tea		14:00 Happy hour		