

<div>  <div>JANUARY LIFESTYLE CALENDAR 2026</div>  </div>						
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	10:00 Ball exercises with Morning tea	10:00 Individual Walking	10:00 Individual Walking
			11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits	11:30 Songs of Praise (Theatre)
			14:00 Welcome to 2026 Afternoon Tea and Games	14:00 Happy hour	14:00 Documentary: David Attenborough's "Great Barrier Reef" <small>ABC iview</small>	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	10:00 Dumbell exercises with Morning tea	10:00 Band exercises with Morning tea	10:30 Violin with Vivienne and morning tea	10:00 Ball exercises with Morning tea	10:00 Individual Walking	10:00 Individual Walking
11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	14:00 Cardio exercises with afternoon tea	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits	11:30 Songs of Praise (Theatre)
14:00 Aussie Bingo with afternoon tea	12:00 Men's Group- BBQ	14:00 Pampering and afternoon tea	15:10 Catholic service G	14:00 Celebrating Elvis at Happy Hour	14:00 Movie: Elvis in "Love me Tender" or "Kid Galahad"	12:00 1:1 resident visits
	14:00 1:1 resident visits					14:00 Table Games
12 Hairdresser	13	14	15 Beautician	16	17	18
10:00 Noodle exercises with Morning tea	10:00 Dumbell exercises with Morning tea	10:00 Band exercises with Morning tea	10:00 Cardio exercises with Morning tea	10:00 Ball exercises with Morning tea	10:00 Individual Walking	10:00 Individual Walking
11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	14:00 Buddhist prayer Group L2	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 Songs of Praise (Theatre)
14:00 Aussie Bingo with afternoon tea	14:00 Making & Baking- Lamingtons	14:00 Pampering and afternoon tea	14:00 Aussie Quiz with afternoon tea	14:45 Happy hour with Matt Price <small>(restaurant)</small>	14:00 Arts and Crafts: Surf's Up Art project	12:00 1:1 resident visits
						14:00 Table Games
19 Hairdresser	20	21 Hug Day	22	23	24	
10:00 Noodle exercises with Morning tea	10:00 Dumbell exercises with Morning tea	10:00 Band exercises with Morning tea	10:00 Cardio exercises with Morning tea	10:00 Ball exercises with Morning tea	10:00 Individual Walking	10:00 Individual Walking
11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits	11:30 Songs of Praise (Theatre)
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	14:00 Arts and Crafts: Boomerangs and Bush Collage	12:00 1:1 resident visits
						14:00 Table Games
26 Australia Day	27	28 Hairdresser	29	30	31	
10:00 Noodle exercises with Morning tea	10:00 Bus Outing Kings Park	10:00 Band exercises with Morning tea	10:00 Cardio exercises with Morning tea	10:00 Ball exercises with Morning tea	10:00 Individual Walking	
11:30 1:1 resident visits (rooms)	10:00 Dumbell exercises with Morning tea	11:30 1:1 resident visits (rooms)	11:30 1:1 resident visits (rooms)	11:00 Book Club @ Café	11:30 1:1 resident visits	
14:00 Aussie Bingo with afternoon tea	11:30 1:1 resident visits (rooms)	14:00 Pampering and afternoon tea	14:00 Resident and Relatives Meeting with afternoon tea	11:30 1:1 resident visits (rooms)	14:00 Documentary: David Attenborough's "The Penguin King" <small>ABC iview</small>	
	14:00 Table Games			14:00 Happy hour		