



# FEBRUARY LIFESTYLE CALENDAR 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2 Hairdresser</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>3</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room)	<b>4</b> 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Walk & Talk (Individual or Group)	<b>5</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation 1:30PM Individual Visits <b>2:45PM Lost &amp; Found</b> (Lifestyle Room)	<b>6 Winter Olympics Begins</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Winter Olympics at Happy Hour (Cafe)	<b>7</b> 10:00AM Walk & Talk (Individual or Group) 11:00AM Karaoke/ Sing-alongs (Lifestyle Room) 1:00PM Individual Visits	<b>8</b> 10:00AM Valentine's Day Art & Craft (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits
<b>9 Hairdresser</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits <b>2:15PM Coffee &amp; Chat With The Richardson!</b>	<b>10</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>1:45PM Anglican Service</b> (Lifestyle Room) 2:45PM Hand Pampering (Lifestyle Room)	<b>11</b> 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visit <b>2:45AM Lantern Making</b> (Lifestyle Room)	<b>12</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits <b>Valentine's Day Movie: Lover Come Back (1961)</b> Doris Day & Rock Hudson	<b>13</b> 10:00AM Dumbbell Exercises (Lifestyle Room) <b>11:00AM Morning Tea with Vivienne the Violinist</b> (Cafe) 2:45PM Winter Olympics at Happy Hour (Cafe)	<b>14 Valentine's Day</b> 10:00AM Valentine's Day Morning Tea (Cafe) 1:00PM Individual Visits	<b>15</b> 10:00AM QUIZ (Café) 11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits
<b>16 Hairdresser</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room)	<b>17 Chinese New Year Begins</b> 10:00AM Ball Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room)	<b>18</b> 10:00AM Seated Dance Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>2PM Live Performance: Chinese Dance Australia</b> (Café)	<b>19</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Walk & Talk (Individual or Group)	<b>20</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) <b>12:00PM Men's BBQ</b> (area to be confirmed due to weather conditions) 2:45pm Happy Hour (Cafe)	<b>21</b> 10:00AM Walk & Talk (Individual or Group) 11:00AM Pet Therapy with Daisy (Individual Visits) 1:00PM Individual Visits	<b>22 Winter Olympics End</b> 10:00AM Documentary: Steve Irwin: The Crocodile Hunter (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) <b>Steve Irwin's Birthday</b> 22/02/1962
<b>23 Hairdresser</b> 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits <b>2:45PM Chinese New Year Bingo</b> (Lifestyle Room)	<b>24</b> <b>10:30AM Resident &amp; Representative Meeting</b> (Lifestyle Room) 1:30PM Individual Visits 2:45PM Hand Pampering (Lifestyle Room)	<b>25</b> <b>9:15AM Bus Trip to Kings Park</b> (Speak to Lifestyle Team) (Subject to Weather) 2:45PM Walk & Talk (Individual or Group) 1:30PM Individual Visits	<b>26</b> 10:00AM Resistance Band Exercises (Lifestyle Room) 10:45AM Morning Tea & Listening to The Best of Johnny Cash (Cafe) 2:45PM Table Games (Lifestyle Room) <i>Johnny Cash's Birthday</i> 26/02/1932	<b>27</b> 9:30AM Playgroup with Kidz Galore (5-6 residents per session, rotation will occur monthly) 11:00AM Morning Tea & Conversation (Café) 1:30PM Individual Visits 2:45PM Music Appreciation: ABBA (Café)	<b>28</b> 10:00AM Walk & Talk (Individual or Group) 11:00AM Karaoke/ Sing-alongs (Lifestyle Room) 1:00PM Individual Visits	<b>1</b> 10:00AM Crochet (Lifestyle Room) 11:30AM Songs of Praise (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.