



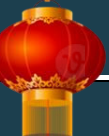





















































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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Hairdresser 10:00AM Dumbbell Exercises (Lifestyle Room) 10:45AM Morning Tea & Conversation (Cafe) 1:30PM Individual Visits 2:45PM Bingo (Lifestyle Room) 	3 10:00AM Ball Exercises (Lifestyle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