



MARCH LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Labour Day	3	4	5	6	7	8 International Women's Day
<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>2:45PM Movie: Dr. Seuss: The Cat in The Hat (2003)</p> <p><i>Dr. Seuss' Birthday 2/3/1904</i></p> 	<p>10:00AM COVID-19 Vaccination Clinic (Ground Floor) </p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p>	<p>10:00AM Resistance Band Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Bingo (Lifestyle Room)</p>	<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation</p> <p>1:30PM Individual Visits</p> <p>2:45PM Walk & Talk (Individual or Group)</p>	<p>10:00AM Ball Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Happy Hour (Café)</p>	<p>10:00AM Quiz (Lifestyle Room)</p> <p>11:00AM International Women's Day Documentary: Doris Day (2002) (Lifestyle Room) </p> <p>1:00PM Individual Visits</p>	<p>10:30AM Morning Tea: Honoring Female Residents at Melvista (Café)</p>  <p>1:00PM Individual Visits</p>
9 Hairdresser	10	11	12	13	14	15
<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Mahjong & Table Games (Lifestyle Room)</p>	<p>10:00AM Dentist Clinic (Ground Floor) </p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:45PM Anglican Service (Lifestyle Room)</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p>	<p>10:00AM Resistance Band Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Bingo (Lifestyle Room)</p>	<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Lost & Found (Lifestyle Room)</p>	<p>10:00AM Ball Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:30PM Live Performer: Jake Dennis (Café) </p>	<p>10:00AM Crochet (Lifestyle Room)</p> <p>11:00AM Pet Therapy with Daisy (Individual Visit)</p> <p>1:00PM Individual Visits</p>	<p>10:00AM Resident's Choice (Lifestyle Room)</p> <p>11:30AM Songs of Praise (Lifestyle Room)</p> <p>1:00PM Individual Visits</p>
16 Hairdresser	17 St Patrick's Day	18	19	20	21	22
<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Walk & Talk (Individual or Group)</p>	<p>10:00AM Ball Exercises (Lifestyle Room)</p> <p>10:45AM St Patrick's Day Morning Tea (Cafe)</p> <p>2:45PM Hand Pampering & Listening to The Best of Nat King Cole</p> <p><i>Nat King Cole's Birthday 17/03/1919</i></p>	<p>10:00AM Resistance Band Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM St Patrick's Day Bingo (Lifestyle Room)</p>	<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>11:00AM Harmony Week Morning Tea: Taste of Nepal (Cafe)</p>  <p>2:45PM Movie: Mr. Bean's Holiday</p>	<p>10:00AM Ball Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Armchair Travel: Ireland (Café)</p>	<p>10:00AM Quiz (Lifestyle Room)</p> <p>11:00AM Sing-along: Nat King Cole (Lifestyle Room)</p> <p>1:00PM Individual Visits</p>	<p>10:00AM Resident's Choice (Lifestyle Room)</p> <p>11:30AM Songs of Praise (Lifestyle Room)</p> <p>1:00PM Individual Visits</p>
23 Hairdresser	24	25	26	27	28	29
<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Mahjong & Table Games (Lifestyle Room)</p>	<p>10:00AM Ball Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p>	<p>9:15AM Bus Trip (Speak to Lifestyle Team) (Subject to Weather) </p> <p>1:30PM Individual Visits</p> <p>2:45PM Bingo (Lifestyle Room)</p>	<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Lost & Found (Lifestyle Room)</p>	<p>9:30AM Playgroup with Kidz Galore  (5-6 residents per session, rotation will occur monthly)</p> <p>10:45AM Morning Tea & Conversation (Café)</p> <p>12:00PM Men's Lunch (area to be confirmed due to weather conditions)</p> <p>2:45PM Happy Hour (Café)</p>	<p>10:00AM Crochet (Lifestyle Room)</p> <p>11:00AM Art & Craft: Vincent Van Gogh Appreciation (Lifestyle Room)</p> <p>1:00PM Individual Visits</p>	<p>10:00 Resident's Choice (Lifestyle Room)</p> <p>11:30AM Songs of Praise (Lifestyle Room)</p> <p>1:00PM Individual Visits</p>
30 Hairdresser	31	PLEASE NOTE:				
<p>10:00AM Dumbbell Exercises (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Walk & Talk (Individual or Group)</p> <p><i>Vincent Van Gogh Birthday 30/3/1853</i></p>	<p>10:30AM Resident & Representative Meeting (Lifestyle Room)</p> <p>10:45AM Morning Tea & Conversation (Cafe)</p> <p>1:30PM Individual Visits</p> <p>2:45PM Hand Pampering (Lifestyle Room)</p>	 <ul style="list-style-type: none"> - 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. - 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. 				