

# MAY LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Resident's Choice of Movies this Month:</b>				<b>1</b>	<b>2</b>	<b>3</b>
		<ul style="list-style-type: none"> <li>- Playgroup sessions with <b>Kidz Galore</b> will include 5-6 residents per session, with participation rotating monthly.</li> <li>- <b>Bus outings</b> will be scheduled monthly, with residents rotating participation.</li> <li>- Outdoor events are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors.</li> <li>- If we go into a facility outbreak, the lifestyle team will be doing individual visits instead of group activities to keep all residents safe</li> <li>- Your feedback is important to us. Please email <a href="mailto:lifestyle@melvistäagedcare.com.au">lifestyle@melvistäagedcare.com.au</a> to contribute to our monthly calendars in any way or please complete a feedback form, at our reception.</li> </ul>		10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Happy Hour (Café)	10:00AM Walk & Talk (Individual or Group)  11:00AM Quiz (Lifestyle Room)  1:45PM Mahjong (Lifestyle Room)	<b>10:00AM Resident's Choice:</b> Antique Roadshow on ABC iview (Lifestyle Room)  11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 Mother's Day</b>
10:00AM Dumbbell Exercises (Lifestyle Room) <b>10:30AM COVID &amp; Flu Vaccination</b> (Speak to Jemma or RN) 10:45AM Morning Tea & Conversation 1:30PM Walk & Talk (Individual or Group) 2:45PM Ironing (Lifestyle Room) 2:45PM Table Games (Lifestyle Room)	10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Hand Pampering (Lifestyle Room)	<b>9:30AM Podiatrist</b> (Speak to Jemma or RN)  10:00AM Resistance Band Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Bingo (Lifestyle Room)	10:00AM Dumbbell Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Walk & Talk (Individual or Group)  <b>6:30PM Musical: Fame Jr Bob Hawke College (TO BE CONFIRMED)</b>  (Subiaco) (Speak to Jemma)	10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Happy Hour: David Attenborough Journey ABC iview (Café)  <b>David Attenborough's 100<sup>th</sup> Birthday 8/5/1926</b>	10:00AM Walk & Talk (Individual or Group)  11:00AM Karaoke/Sing-along (Lifestyle Room)  1:00PM Individual Visits	<b>10:30AM Mother's Day Morning Tea</b>   1:00PM Individual Visits
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:00AM Dumbbell Exercises (Lifestyle Room) <b>10:30AM Men's Barber Shop</b>  10:45AM Morning Tea & Conversation  1:30PM Walk & Talk (Individual or Group)  2:45PM Ironing (Lifestyle Room)  2:45PM Table Games (Lifestyle Room)	10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  <b>1:45PM Anglican Service (Lifestyle Room)</b>  2:45PM Hand Pampering (Lifestyle Room)	10:00AM Resistance Band Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Bingo (Lifestyle Room)	10:00AM Dumbbell Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Café)  1:30PM Walk & Talk (Individual or Group)  2:45PM Movie: Mamma Mia (2008)	10:00AM Ball Exercises (Lifestyle Room)  11:00AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Happy Hour: Taste of Norwegian (Café)	10:00AM Walk & Talk (Individual or Group)  <b>11:00AM Pet Therapy with Daisy</b>  1:45PM Mahjong (Lifestyle Room)	<b>10:00AM Resident's Choice on The Day</b> (Lifestyle Room)  11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:00AM Dumbbell Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation  1:30PM Walk & Talk (Individual or Group)  2:45PM Ironing (Lifestyle Room)  2:45PM Table Games (Lifestyle Room)	10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Hand Pampering (Lifestyle Room)	10:00AM Resistance Band Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  <b>2:00PM Violin Played by The Children</b> from Perth Violin Studio (Café)	10:00AM Dumbbell Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Walk & Talk (Individual or Group)  2:45PM Lost & Found (Lifestyle Room)	10:00AM Ball Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Happy Hour (Café)	10:00AM Walk & Talk (Individual or Group)  11:00AM Quiz (Lifestyle Room)  1:00PM Individual Visits	<b>10:00AM Resident's Choice:</b> Laundry Folding (Lifestyle Room)  11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>9:30AM Podiatrist</b> (Speak to Jemma or RN)  10:00AM Dumbbell Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation  1:30PM Walk & Talk (Individual or Group)  2:45PM Ironing (Lifestyle Room)  2:45PM Table Games (Lifestyle Room)	<b>10:30AM Food Focus Meeting</b>  <b>11:00AM Resident &amp; Representative Meeting</b>  1:30PM Individual Visits  2:45PM Hand Pampering (Lifestyle Room)	10:00AM Resistance Band Exercises (Lifestyle Room)  10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Bingo (Lifestyle Room)	10:00AM Dumbbell Exercises (Lifestyle Room)  <b>12:30PM Bus Trip: Friends in Harmony Choir</b>  (Subject to weather) (Speak to Jemma)  2:45PM Movie: The Duke (2020)	<b>9:30AM Playgroup with Kidz Galore</b>   10:45AM Morning Tea & Conversation (Cafe)  1:30PM Individual Visits  2:45PM Happy Hour (Café)	10:00AM Walk & Talk (Individual or Group)  11:00AM Karaoke/Sing-along  1:45PM Mahjong (Lifestyle Room)	<b>10:00AM Resident's Choice on The Day</b> (Lifestyle Room)  11:30AM Songs of Praise (Lifestyle Room)  1:00PM Individual Visits