



MAY LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Resident's Choice of Movies this Month:				1	2	3
		- Playgroup sessions with Kidz Galore will include 5–6 residents per session, with participation rotating monthly. - Bus outings will be scheduled monthly, with residents rotating participation. - 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.		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)	10:00AM Resident's Choice: Antique Roadshow on ABC iview (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
4	5	6	7	8	9	10 Mother's Day
10:00AM Dumbbell Exercises (Lifestyle Room) 10:30AM COVID & Flu Vaccination (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)	9:30AM Podiatrist (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) 6:30PM Musical: Fame Jr Bob Hawke College (TO BE CONFIRMED) (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) David Attenborough's 100 th Birthday 8/5/1926	10:00AM Walk & Talk (Individual or Group) 11:00AM Karaoke/Sing-along (Lifestyle Room) 1:00PM Individual Visits	10:30AM Mother's Day Morning Tea  1:00PM Individual Visits
11	12	13	14	15	16	17
10:00AM Dumbbell Exercises (Lifestyle Room) 10:30AM Men's Barber Shop 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) 1:45PM Anglican Service (Lifestyle Room) 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) 11:00AM Pet Therapy with Daisy 1:45PM Mahjong (Lifestyle Room)	10:00AM Resident's Choice on The Day (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
18	19	20	21	22	23	24
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) 2:00PM Violin Played by The Children 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	10:00AM Resident's Choice: Laundry Folding (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
25	26	27	28	29	30	31
9:30AM Podiatrist (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)	10:30AM Food Focus Meeting 11:00AM Resident & Representative Meeting 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) 12:30PM Bus Trip: Friends in Harmony Choir (Subject to weather) (Speak to Jemma) 🚌 2:45PM Movie: The Duke (2020)	9:30AM Playgroup with Kidz Galore 🙌🙌🙌🙌 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)	10:00AM Resident's Choice on The Day (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits