



SEPTEMBER LIFESTYLE CALENDAR 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6 Father's Day
	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:45AM Morning Tea & Conversation 10:45AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:30PM Movie: Neil Diamond: Song Sung Blue (Lounge Area)	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:45PM Happy Hour & Conversation	10:00AM Walk & Talk 11:00AM Pet Therapy with Daisy 1:45PM Mahjong (Lifestyle Room)	10:00AM Morning Tea: Honoring Father's at Melvista  1:00PM Individual Visits
7	8	9	10 RUOK?	11	12	13
10:00AM Dumbbell Exercises 10:45AM Morning Tea & Conversation 1:45PM Walk & Talk 2:45PM Ironing 2:45PM Chinese Checkers	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:45PM Anglican Service 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:45AM Morning Tea & Conversation 10:45AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 10:45AM R U OK? Day: Morning Tea (Residents & Staff) Lost & Found will be displayed from 1:30pm to 3:30pm.	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:30PM Happy Hour with David Statham	10:00AM Walk & Talk 11:00AM DIY Embroidery 1:00PM Individual Visits	10:00AM Resident's Choice on The Day (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
14 Podiatrist	15	16	17	18	19	20
10:00AM Dumbbell Exercises 10:30AM Men's Barber 10:45AM Morning Tea & Conversation 1:45PM Walk & Talk 2:45PM Ironing 2:45PM Dominoes	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:45AM Morning Tea & Conversation 10:45AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Consumer Advisory Body Meeting (Cafe) 1:30PM Individual Visits 2:45PM Movie: 101 Dalmatians (Café)	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 12:30PM Men's Lunch: Fish & Chips (Café) 2:45PM Silbert's Life Before Melvista (Lifestyle Room)	10:00AM Walk & Talk 11:00AM Morning Tea & Sing-along 1:45PM Mahjong (Lifestyle Room)	10:00AM Resident's Choice: Documentary: Monty Don's British Garden Ep1 (Cafe) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
21	22	23	24	25	26	27
10:00AM Dumbbell Exercises 10:45AM Morning Tea & Conversation 1:45PM Walk & Talk 2:45PM Ironing 2:45PM Scrabble	10:00AM Ball Exercises 10:45AM Morning Tea & Conversation 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:45AM Morning Tea & Conversation 10:45AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 10:45AM Morning Tea & Conversation 12:30PM Bus Trip: Friends in Harmony Choir  Lost & Found will be displayed from 11am to 4pm.	9:30AM Playgroup with Kidz Galore  1:30PM Individual Visits 2:30PM Happy Hour with Katie McMahon	10:00AM Walk & Talk 12:30PM AFL LIVE: Grand Final (TV Café & Lounge Area) 1:45PM Individual Visits	10:00AM Resident's Choice on The Day (Lifestyle Room) 11:30AM Songs of Praise (Lifestyle Room) 1:00PM Individual Visits
28 Public Holiday	29	30	Resident's Choice of Movies this Month:			
10:00AM Dumbbell Exercises 10:45AM Morning Tea & Conversation 1:45PM Walk & Talk 2:15PM Ironing 5:30PM Around the World Dinner: Italy (Dining Room)	10:30AM Food Focus Meeting 11:00AM Resident & Representative Meeting 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:45AM Morning Tea & Conversation 10:45AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo			- 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.	