

OCTOBER LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Resident's Choice of Movie:	Please Note:		1	2	3	4
	- 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 Dumbbell Exercises 11:00AM Arts & Craft 1:30PM Individual Visits 2:00PM Lost & Found 2:30PM Movie: Steel Magnolias (1989)	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:45PM Happy Hour: Music Appreciation: Dolly Parton	10:00AM Resident's Choice 11:00AM Sing-along 1:00PM Individual Visits	10:00AM Walking Group 11:30AM Songs of Praise (Café & Lounge Area) 1:00PM Individual Visits
5 Hairdresser	6	7	8	9	10	11
10:00AM Dumbbell Exercises 10:00AM Standing Exercises 11:00AM Gardening 1:45PM Individual Visits 2:45PM Ironing 2:45PM Chinese Checkers	10:00AM Ball Exercises 10:30AM Covid Clinic 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:00AM Standing Exercises 11:00AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Jigsaw Puzzle 1:30PM Individual Visits 2:00PM Walking Group	9:45AM Playgroup with Kidz Galore (to be confirmed) 11:00AM Walking Group 1:30PM Individual Visits 2:15PM Happy Hour: Live Performance with Gary Lynn	10:00AM Resident's Choice 11:00AM Quiz 1:00PM Individual Visits	10:00AM Walking Group 11:30AM Songs of Praise (Café & Lounge Area) 1:00PM Individual Visits
12 Hairdresser	13	14	15	16	17	18
10:00AM Dumbbell Exercises 10:30AM Men's Barber 1:45PM Individual Visits 2:45PM Ironing 2:45PM Dominoes	10:00AM Ball Exercises 11:00AM Walking Group 1:45PM Anglican Service 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:00AM Standing Exercises 11:00AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Arts & Craft 2:00PM Lost & Found 2:30PM Documentary: David Attenborough: A Life on Our Planet	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:45PM Music Appreciation: Tasmanian Symphony Orchestra: Beethoven's 5th	10:00AM Resident's Choice 11:00AM Sing-along 1:00PM Individual Visits	10:00AM Walking Group 11:30AM Songs of Praise (Café & Lounge Area) 1:00PM Individual Visits
19 Hairdresser	20	21 Podiatrist	22	23	24	25
10:00AM Dumbbell Exercises 10:00AM Standing Exercises 11:00AM Gardening 1:45PM Individual Visits 2:45PM Ironing 2:45PM Scrabble	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:00AM Standing Exercises 11:00AM Men's Coffee Club 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Jigsaw Puzzle 12:30PM Bus Trip: Friends in Harmony Choir 1:30PM Individual Visits 2:00PM Walking Group	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:30PM Happy Hour: Live Performance with Vivienne (Violinist & Pianist)	10:00AM Resident's Choice 11:00AM Quiz 1:00PM Individual Visits	10:00AM Walking Group 11:30AM Songs of Praise (Café & Lounge Area) 1:00PM Individual Visits
26 Hairdresser	27	28	29	30	31	Resident's Choice of Documentary:
10:00AM Dumbbell Exercises 10:30AM Bus Trip: Trishaw 1:45PM Individual Visits 2:45PM Ironing 2:45PM Rummy 5:30PM Around the World Dinner: Japan (Dining Room)	10:30AM Food Focus Meeting 11:00AM Resident & Representative Meeting 11:00AM Walking Group 1:30PM Individual Visits 2:45PM Hand Pampering	10:00AM Resistance Band Exercises 10:00AM Standing Exercises 12:30PM Men's BBQ 2:45PM Halloween Bingo	10:00AM Dumbbell Exercises 11:00AM Halloween Arts & Craft 2:00PM Lost & Found 2:30PM Halloween Movie: Nanny McPhee	9:45AM Playgroup with Kidz Galore 11:00AM Walking Group 1:30PM Individual Visits 2:30PM The Robinson's Greatest Achievements	10:00AM Resident's Choice 10:30AM "Planning our Future Care" Let's Talk About it with Joy Brann 1:00PM Individual Visits	