

The Richardson October LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Activities are conducted on Level 1, unless otherwise stated. Outdoor activities are weather permitting, if an activity is affected by the weather, an alternative will be offered indoors. If we go into a facility outbreak, the lifestyle team will offer individual visits. Your feedback is important to us, please speak to one of the lifestyle team or please complete a feedback form at our reception. Lifestyle staff may visit your room to assist in setting up new Swift TV as Individual visits.			1	2	3
			9:15 Walking Group 10:15 Band exercises 10:45 Art and Crafts 14:00 Computer, mobile assist 14:00 Gardening 15:15 Individual visits	9:15 Walking Group 10:15 Noodle exercises 10:45 Current Affairs Discussion 14:00 Happy Hour with Carpenter songs (Restaurant) 15:15 Individual visits	9:45 Individual Walking 10:45 Gardening 14:00 Word Games 15:15 Individual visits
5 Hairdresser (AM)	6	7	8	9	10 World Mental Health Day
9:15 Walking Group 10:15 Dumbbell exercises 10:45 Brain Training Games 14:00 Number Bingo 14:00 Colouring 15:15 Individual visits	9:15 Walking Group 10:15 Ball exercises 10:45 Singalong 14:00 Hand Pampering For L2/L3/L4 15:15 Individual visits 	9:15 Walking Group 10:15 Seated Aerobics 10:45 Reminiscence 14:00 Table games 14:00 Book organising 15:15 Individual visits	10:00 Anglican Service (Theatre) 10:15 Band exercises 10:45 House keeping 14:00 Crossword 15:10 Catholic Service (Theatre) 15:15 Individual visits	9:15 Walking Group 10:15 Noodle exercises 10:45 Picture Quiz 14:30 Happy hour with Vietnamese performance (Restaurant) 	9:45 Individual Walking 10:45 Gardening 14:00 Word Games 15:15 Individual visits
12 Hairdresser (AM)	13	14	15	16	17
9:15 Walking Group 10:15 Dumbbell exercises 10:45 Music quiz 14:00 Octoberfest Documentary (Theatre) 15:15 Individual visits	9:15 Walking Group 10:15 Ball exercises 10:45 Gardening 12:30 Men's BBQ (Courtyard) 15:15 Individual visits	9:15 Walking Group 10:15 Seated Aerobics 10:45 Puzzle 14:00 Knitting (Crochet) Club 14:00 Resident's choice 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 10:45 Art and Crafts 14:00 Poetry 14:00 Gardening 15:15 Individual visits	9:15 Walking Group 10:15 Noodle exercises 10:45 Current Affairs Discussion 14:00 Happy Hour with Your Favorite Songs (Restaurant) 15:15 Individual visits	9:45 Individual Walking 10:45 Gardening 14:00 Word Games 15:15 Individual visits
19 Hairdresser (AM)	20	21	22 Pink Ribbon Day	23	24
9:15 Walking Group 10:15 Dumbbell exercises 10:45 Brain Training Games 14:00 Number Bingo 14:00 Bus outing 15:15 Individual Visits	9:15 Walking Group 10:15 Ball exercises 10:45 Singalong 14:00 Hand Pampering For L5/L6/L7/L8 15:15 Individual visits 	9:15 Walking Group 10:15 Seated Aerobics 10:45 Reminiscence 14:00 Golden Oldies Music 14:00 Balloon play 15:15 Individual visits	9:15 Walking Group 10:15 Band exercises 10:45 House keeping 14:00 Pink Ribbon day High Tea (Restaurant) 15:15 Individual visits	9:15 Walking Group 10:15 Noodle exercises 10:45 Picture Quiz 14:00 Food Focus Meeting 14:00 Movie (Theatre) 15:15 Individual visits	9:45 Individual Walking 10:45 Gardening 14:00 Word Games 15:15 Individual visits
26 Hairdresser (AM)	27	28	29	30	31 Halloween
9:15 Walking Group 10:15 Dumbbell exercises 10:45 Music quiz 14:00 Number Bingo 14:00 Book club 15:15 Individual visits	9:15 Walking Group 10:15 Ball exercises 11:00 Resident and Relative Meeting 14:00 Denis's presentation (Theatre) 15:15 Individual visits	9:15 Walking Group 10:15 Seated Aerobics 10:45 Puzzle 14:00 Cooking Club 14:00 Six-pin bowls 15:15 Individual visits	9:15 Walking Group 10:30 Violin and Piano played by Vivienne (Reception) 14:00 Seated exercises 14:30 Lost and Found Bazaar 15:15 Individual visits	9:15 Walking Group 10:15 Noodle exercises 10:45 Current Affairs Discussion 14:00 Halloween Happy hour (Restaurant) 15:15 Individual visits	9:45 Individual Walking 10:45 Gardening 14:00 Word Games 15:15 Individual visits