NOVEMBER LIFESTYLE CALENDAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
What's On This Month:		**Please Note:**		**Resident's Choice of Movie:**		**1**
		- 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 Walking Group 11:30AM Songs of Praise (Café & Lounge Area) 1:00PM Individual Visits
2 Hairdresser	**3 Melbourne Cup**	**4**	**5**	**6**	**7**	**8**
10:00AM Dumbbell Exercises 10:00AM Standing Exercises 11:00AM Scrabble 1:45PM Individual Visits 2:45PM Ironing 2:45PM Table Tennis	10:00AM Ball Exercises 11:30AM Melbourne Cup Luncheon 3:00PM Walking Group	9:45AM Kidz Galore Christmas Concert 10:00AM Resistance Band Exercises 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Jigsaw Puzzle 1:30PM Individual Visits 2:45PM Documentary: Joanna Lumley's Britain	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:30PM Happy Hour: Australian Chamber Orchestra's 50th Gala (Café TV)	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
9 Hairdresser	**10**	**11 Remembrance Day**	**12**	**13**	**14**	**15**
10:00AM Dumbbell Exercises 10:30AM Men's Barber 1:45PM Individual Visits 2:45PM Ironing 2:45PM Table Tennis	10:00AM Ball Exercises 11:00AM Walking Group 1:45PM Anglican Service 2:45PM Hand Pampering	10:45AM Remembrance Day Service 11:10AM Remembrance Day Morning Tea 1:30PM Individual Visits 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Arts & Craft 1:30PM Individual Visits 2:30PM Movie: Sound of Music (Part 1)	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:30PM Happy Hour: Live Performance with Wayne Pride	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
16 Hairdresser	**17**	**18**	**19**	**20**	**21**	**22**
10:00AM Dumbbell Exercises 10:00AM Standing Exercises 11:00AM Dominoes 1:45PM Individual Visits 2:45PM Ironing 2:45PM Table Tennis	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 Christmas Tree Decoration (Café) 1:30PM Individual Visits 2:30PM Documentary: Koko A Red Dog Story *ft. Davilia.B*	9:45AM Playgroup with Kidz Galore (Christmas Tree Decoration at Melvista Club) 10:00AM Ball Exercises 1:30PM Individual Visits 2:30PM Happy Hour: The Australian Ballet: The Merry Window (Café TV)	10:30AM Christmas Tree Decoration (Level 1) 11:00AM Quiz 1:00PM Individual Visits	10:00AM Christmas Tree Decoration (Level 2) 11:30AM Songs of Praise (Café & Lounge Area) 12:30PM Christmas Tree Decoration (Level 3)
23 Hairdresser	**24**	**25**	**26**	**27**	**28**	**29**
10:00AM Dumbbell Exercises 10:30AM Bus Trip: Trishaw 1:45PM Individual Visits 2:45PM Ironing 2:45PM Table Tennis 5:30PM Around the World Dinner: Scotland (Dining Room)	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 12:30PM Men's BBQ 2:45PM Bingo	10:00AM Dumbbell Exercises 11:00AM Jigsaw Puzzle 1:30PM Individual Visits 2:30PM Movie: Sound of Music (Part 2)	10:00AM Ball Exercises 11:00AM Walking Group 1:30PM Individual Visits 2:15PM Happy Hour: Live Performance with Gary Lynn	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

THE MELVISTA | HELF ACTIVITY BENEFITS

Activity	Occupational and wellbeing benefits	Adaptation and inclusion	Key safety considerations
Walking Group	Mobility, endurance, balance, orientation and social connection.	Offer shorter routes, seated rests, mobility aids and indoor alternatives.	Check footwear and mobility needs; adjust for weather, hydration and fatigue.
Dumbbell Exercises	Strength, range of movement, circulation, confidence and physical wellbeing.	Use lighter weights, seated options, slower pacing and visual demonstration.	Follow assessed movement limits; monitor fatigue, pain and balance.
Standing Exercises	Balance, lower-body strength, posture, circulation and confidence.	Provide seated alternatives, support rails/chairs and slower pacing.	Use stable surfaces; supervise balance and stop if dizzy or distressed.
Ball Exercises	Coordination, movement, strength, attention and social engagement.	Use larger/lighter balls, seated options and simplified movements.	Allow adequate space; consider balance, shoulder movement and fatigue.
Gardening	Sensory wellbeing, connection with nature, movement, purpose and enjoyment.	Use raised beds, adapted tools, seated tasks and smaller manageable activities.	Assess trip, heat, allergy and tool risks; provide appropriate supervision.
Individual Visits	One-to-one connection, emotional wellbeing, conversation, reassurance and choice.	Tailor visits to communication, cognition, culture, interests and preferred setting.	Respect privacy, dignity and consent; monitor fatigue or distress.
Ironing	Purposeful everyday activity, confidence, routine, concentration and wellbeing.	Offer seated tasks, simplified items and assistance according to ability.	Supervise heat and electrical risks; use safe equipment and avoid fatigue.
Hand Pampering	Relaxation, sensory wellbeing, self-care, social connection and confidence.	Offer choice of products, fragrance-free options and shorter sessions.	Check skin condition and sensitivities; maintain hygiene and obtain consent.
Men’s Coffee Club	Social connection, conversation, belonging, routine and emotional wellbeing.	Use familiar topics, accessible seating, prompts and smaller-group options.	Monitor fatigue, hearing/communication needs and dietary requirements.
Bingo	Attention, visual scanning, memory, social interaction and enjoyment.	Use large-print cards, prompts, slower pacing and supported participation.	Avoid testing language; monitor frustration, fatigue and vision needs.
Jigsaw Puzzle	Attention, visual processing, problem solving, fine motor activity and shared enjoyment.	Use larger pieces, simpler puzzles, adapted surfaces and team participation.	Match difficulty to ability; ensure good lighting and comfortable positioning.
Happy Hour	Social connection, enjoyment, conversation, routine and sense of belonging.	Offer non-alcoholic choices, accessible seating and quieter alternatives.	Monitor dietary requirements, safe mobility, noise and responsible beverage service.
Quiz	Memory, attention, language, conversation, confidence and social participation.	Use large print, verbal prompts, familiar topics and team-based participation.	Keep questions supportive rather than testing; allow extra response time.
Resident’s Choice	Autonomy, choice, confidence, enjoyment and social or individual wellbeing.	Let residents choose the activity, pace, setting and level of support.	Complete an activity-specific risk check and respect consent and participation choices.
Sing-along	Mood, memory, language, rhythm, identity and social connection.	Use familiar songs, lyric sheets, lower volume and seated participation.	Check hearing and sensory tolerance; monitor vocal fatigue and emotional responses.
Songs of Praise	Spiritual wellbeing, meaning, reflection, identity and community connection.	Support individual beliefs and preferences; provide accessible seating and alternatives.	Respect choice and beliefs; consider mobility, hearing and quiet-space needs.
Anglican Service	Spiritual wellbeing, reflection, community connection and sense of meaning.	Offer accessible seating, hearing support and alternatives for residents who do not wish to attend.	Respect beliefs and consent; consider mobility, hearing and fatigue.
Arts & Craft	Creativity, self-expression, fine motor activity, sensory wellbeing and achievement.	Use adapted tools, prepared materials, larger pieces and resident-led choices.	Assess material, allergy and environmental risks; provide suitable supervision.
Documentary	Interest, attention, reminiscence, conversation and shared enjoyment.	Offer subtitles, appropriate volume, familiar topics and shorter viewing options.	Check hearing/vision needs, seating comfort and emotional responses to content.
Food Focus Meeting	Choice, communication, autonomy, social participation and wellbeing.	Use accessible communication, prompts and supported participation.	Consider dietary requirements, allergies and privacy when discussing preferences.
Resident & Representative Meeting	Voice, choice, confidence, communication, belonging and participation in decisions.	Provide accessible communication, extra time, interpreters or support where appropriate.	Respect privacy and differing views; provide a supportive environment.
Bus Trip	Community access, enjoyment, outdoor wellbeing, social connection and choice.	Provide accessible transport, appropriate seating and flexible participation.	Complete transport and mobility checks; consider weather, transfers, hydration and fatigue.
Around the World Dinner	Cultural awareness, reminiscence, conversation, curiosity and social connection.	Use accessible visual/audio materials, familiar topics and resident-led contributions.	Respect cultural differences and personal memories; avoid distressing or sensitive topics.
Men’s Barber	Personal grooming, confidence, identity, routine and social connection.	Provide accessible positioning, preferred grooming choices and extra time where needed.	Check transfer/positioning needs and safe use of scissors, clippers and electrical equipment.
Intergenerational Playgroup	Builds social connection, confidence and emotional wellbeing. Encourages communication, participation and meaningful relationships.	Offer seated and active options. Adapt activities for mobility, hearing, vision and cognitive needs.	Supervise interactions, keep walkways clear, use safe age-appropriate equipment and maintain good hygiene.
Men’s BBQ	Encourages social connection, conversation and community participation. Supports confidence, wellbeing and a sense of belonging.	Offer seated and standing options. Adapt tasks to individual abilities and encourage everyone to participate at their own level.	Supervise BBQ and food preparation, manage hot surfaces, maintain food hygiene and keep walkways clear.