NOVEMBER LIFESTYLE CALENDAR 2026 (HELF)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle 15:15 Individual visits	Please Note: - Outdoor events are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. - Individual Visits can run between the activities. - 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@therichardson.com.au to contribute to our monthly calendars in any way or please					1 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games 15:15 Individual visits
2 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle 15:15 Individual visits	3 Melbourne Cup 10:15 Dumbbell Exercises 11:30 Arrival & Welcome Drinks 12:00 The Melbourne Cup Race 12:15 Lunch Service 14:00 Gardening 15:15 Individual visits	4 Library 9:15 Walking Group 10:15 Ball Exercises 11:00 Singalong 14:00 Table games 14:00 Crossword 15:15 Individual visits	5 9:15 Walking Group 10:15 Seated Aerobics 11:00 Reminiscing 14:00 Movie 14:00 Word Seach 15:15 Individual visits	6 9:15 Walking Group 10:15 Band Exercises 11:00 Crossword 14:30 Music Appreciation: Andre Rieu Live in Bahrain Concert 16:00 Individual visits	7 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Paint and Sip (Level 5) 15:15 Individual visits	8 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games 15:15 Individual visits
9 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle 15:15 Individual visits	10 9:15 Walking Group 10:15 Dumbbell Exercises 11:00 Gardening 14:00 Hand Pampering Level 2, 3, 4 15:15 Individual visits	11 Remembrance Day 9:15 Walking Group 10:45 Remembrance Day Service 11:00 Minute Silence 11:10 Remembrance Day Morning Tea 14:00 Table games 14:00 Knitting Club	12 10:00 Anglican Service 10:15 Seated Aerobics 11:00 Reminiscing 14:00 Poetry 15:10 Catholic Service 15:15 Individual visits	13 9:15 Walking Group 10:15 Band Exercises 11:00 Crossword 14:30 Happy Hour with Matt Price 16:00 Individual visits	14 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Card Game (Level 5) 15:15 Individual visits	15 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games 15:15 Individual visits
16 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle 15:15 Individual visits	17 9:15 Walking Group 10:15 Dumbbell Exercises 12:00 Men's BBQ 14:30 Hand Pampering Level 5, 6, 7, 8 15:15 Individual visits	18 9:15 Walking Group 10:15 Ball Exercises 11:00 Singalong 14:00 Table games 14:00 Crossword 15:15 Individual visits	19 9:15 Walking Group 10:15 Seated Aerobics 11:00 Reminiscing 14:00 Movie 14:00 Word Seach 15:15 Individual visits	20 9:15 Walking Group 10:15 Band Exercises 11:00 Crossword 14:15 Happy Hour with Gary Lynn 16:00 Individual visits	21 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Paint and Sip (Level 5) 15:15 Individual visits	22 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games 15:15 Individual visits
23 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Book Club 15:15 Individual visits	24 9:15 Walking Group 10:15 Dumbbell Exercises 11:00 Gardening 14:00 Hand Pampering Level 2, 3, 4 15:15 Individual visits	25 9:15 Walking Group 10:15 Ball Exercises 11:00 Singalong 14:00 Ladies High Tea 15:15 Individual visits	26 9:15 Walking Group 10:15 Violin & Piano by Vivienne 11:00 Reminiscing 14:00 Denis's presentation 15:15 Individual visits	27 9:15 Band Exercises 10:00 Food Focus Meeting 11:00 Resident and Relatives Meeting 14:30 New Resident Meet & Greet 16:00 Individual visits	28 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Card Game (Level 5) 15:15 Individual visits	29 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games 15:15 Individual visits

NOVEMBER LIFESTYLE CALENDAR 2026 (NON HELF)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle	Please Note: - Outdoor events are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors. - Individual Visits can run between the activities. - 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@therichardson.com.au to contribute to our monthly calendars in any way or please					1 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games
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9 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle	10 9:15 Walking Group 10:15 Dumbbell Exercises 11:00 Gardening	11 Remembrance Day 9:15 Walking Group 10:45 Remembrance Day Service 11:00 Minute Silence 11:10 Remembrance Day Morning Tea 14:00 Table games 14:00 Knitting Club	12 10:00 Anglican Service 10:15 Seated Aerobics 11:00 Reminiscing 14:00 Poetry 15:10 Catholic Service	13 9:15 Walking Group 10:15 Band Exercises 11:00 Crossword	14 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Card Game (Level 5)	15 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games
16 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Puzzle	17 9:15 Walking Group 10:15 Dumbbell Exercises	18 9:15 Walking Group 10:15 Ball Exercises 11:00 Singalong 14:00 Table games 14:00 Crossword	19 9:15 Walking Group 10:15 Seated Aerobics 11:00 Reminiscing 14:00 Movie 14:00 Word Seach	20 9:15 Walking Group 10:15 Band Exercises 11:00 Crossword	21 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Paint and Sip (Level 5)	22 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games
23 Hairdresser 9:15 Walking Group 10:15 Noodle Exercises 11:00 Quiz 14:00 Bingo 14:00 Book Club	24 9:15 Walking Group 10:15 Dumbbell Exercises 11:00 Gardening	25 9:15 Walking Group 10:15 Ball Exercises 11:00 Singalong	26 9:15 Walking Group 10:15 Violin & Piano by Vivienne 11:00 Reminiscing 14:00 Denis's presentation	27 9:15 Band Exercises 10:00 Food Focus Meeting 11:00 Resident and Relatives Meeting 14:30 Meet & Greet Afternoon Tea	28 9:45 Wheelchair Walk 10:45 Resident's Choice 14:00 Card Game (Level 5)	29 9:45 Wheelchair Walk 11:30 Songs of Praise 14:00 Table games

Resident Activities – Benefits & Participation

A practical guide to the benefits of resident activities, inclusive participation and key safety con according to each resident's interests, abilities and support needs.

Activity	Occupational and wellbeing benefits	Adaptation and inclusion
Walking Group	Supports mobility, endurance, balance, daily routine, community participation and social connection; may help maintain confidence with functional movement.	Offer an appropriate pace and route, rest breaks, walking aids and encouragement; adapt distance to individual ability.
Wheelchair Walk	Promotes outdoor access, sensory stimulation, social connection, choice and participation in the wider environment.	Ask residents where they would like to go; include conversation and opportunities to notice gardens, weather or surroundings.
Noodle Exercises	Encourages upper-limb movement, coordination, range of motion and participation in a group routine.	Demonstrate movements clearly, offer seated options and adapt the range and pace; use simple verbal or visual cues.
Dumbbell Exercises	May support upper-limb strength, coordination, body awareness and confidence with exercise.	Offer suitable lightweight equipment, demonstrations, rest breaks and seated alternatives.
Ball Exercises	Supports hand-eye coordination, reaching, grasping, bilateral movement, attention and turn-taking.	Use soft, easy-to-grip balls; adjust distance and speed; allow residents to roll, pass or hold the ball.
Seated Aerobics	Promotes movement, cardiovascular activity as tolerated, coordination, rhythm, attention and group participation.	Use clear demonstrations, music if welcomed, varied intensity and seated modifications.

Band Exercises	May help maintain strength, range of motion, coordination and body awareness.	Provide appropriate resistance, demonstrate safe positioning and offer one-step instructions or alternatives.
Quiz	Provides cognitive stimulation through recall, attention, language, problem-solving and shared conversation.	Use familiar topics, accessible wording, visual prompts and enough response time; celebrate participation rather than only correct answers.
Gardening	Supports purposeful activity, sensory engagement, fine and gross motor skills, sequencing, choice and reminiscence.	Offer varied roles such as watering, planting, potting or choosing flowers; use accessible tools and raised planters where available.
Singalong	Encourages communication, memory, rhythm, emotional expression and social connection; familiar songs may prompt reminiscence.	Choose residents' preferred or familiar songs, provide lyrics in large print and welcome listening as well as singing.
Reminiscing	Supports identity, life-story sharing, communication, emotional connection and a sense of continuity.	Use photographs, objects, music or familiar themes; invite rather than demand sharing and validate individual experiences.
Crossword	Offers cognitive engagement in word finding, language, attention, recall and problem-solving.	Provide large-print versions, writing aids, verbal clues or paired participation; adjust complexity.
Bingo	Supports attention, visual scanning, number or symbol recognition, turn-taking and social participation.	Use large-print cards and markers, clear calling, good lighting and assistance with marking if wanted.
Puzzle	Encourages problem-solving, visual perception, attention, sequencing and fine-motor coordination.	Offer puzzles matched to ability, larger pieces or picture cues; work collaboratively if preferred.
Table Games	Promotes social interaction, turn-taking, attention, strategy, coordination and meaningful leisure.	Offer familiar games, simplified rules, accessible pieces and cooperative options.
Movie	Provides leisure, shared experience, emotional engagement, conversation and possible reminiscence.	Choose content with residents, provide comfortable seating and clear viewing access, and offer discussion afterwards.
Word Search	Supports visual scanning, attention, letter recognition and language engagement.	Use large print, high contrast, a suitable difficulty level and optional verbal or partner support.

Paint and Sip	Encourages creativity, self-expression, sensory engagement, choice, social connection and fine-motor practice.	Offer different brush sizes, adapted grips, visual examples and a non-alcoholic drink option; value the creative process.
Resident's Choice	Supports autonomy, self-determination, motivation, identity and participation in personally meaningful activities.	Offer a manageable range of genuine choices, including quiet or individual options, and support residents to communicate preferences.
Songs of Praise	May support spiritual or cultural expression, belonging, familiar routines, emotional comfort and social connection.	Offer accessible seating, clear sound or large-print lyrics and the option to listen quietly.
Poetry	Encourages language, listening, attention, emotional expression, memory and shared cultural experiences.	Choose familiar or resident-selected poems; read at a comfortable pace and invite discussion or listening.
Anglican Service	Can support spiritual wellbeing, familiar routines, belonging, reflection and community connection for residents who wish to attend.	Provide accessible seating, hearing support and transport assistance; offer service materials where useful.
Catholic Service	Can support spiritual expression, familiar ritual, meaning, comfort and connection for residents who choose to participate.	Arrange accessible seating, transport and service materials; allow quiet participation.
Remembrance Day Service	Provides opportunities for reflection, community participation, shared remembrance and connection with personal or family history.	Use clear introductions, comfortable seating and optional quiet reflection or conversation afterwards.
Minute Silence	Offers a structured opportunity for reflection, remembrance and shared participation.	Explain the purpose beforehand and allow residents to participate in their own way, including quiet observation.
Remembrance Day Morning Tea	Encourages social connection, shared traditions, conversation and participation in a meaningful community event.	Provide accessible seating, conversation prompts and suitable food and drinks.
Resident and Relatives Meeting	Supports resident voice, advocacy, relationships, choice, belonging and involvement in decisions about daily life.	Use clear agendas, accessible communication and opportunities for residents to contribute in different ways.

Food Focus Meeting	Encourages choice, self-advocacy and involvement in meal preferences and dining experiences.	Invite feedback on menus, presentation and mealtime routines; offer verbal, written or supported ways to contribute.
Knitting Club	Supports fine-motor coordination, bilateral hand use, attention, sequencing, creativity, identity and social connection.	Offer different projects, suitable needles or yarn, visual instructions and help with setup.
Book Club	Encourages communication, listening, recall, language, social connection and shared interests.	Choose accessible reading materials, audiobooks or short extracts; welcome listening without requiring reading aloud.
Meet & Greet Afternoon Tea	Supports welcoming, social connection, communication, relationship-building and a sense of belonging.	Introduce people by name where appropriate, use conversation prompts and provide comfortable, accessible seating.
Hairdresser	Supports personal identity, self-esteem, choice, grooming routines and participation in self-care.	Ask about preferred style and products, support communication with the hairdresser and maintain privacy and comfort.
Violin & Piano Performance	Provides sensory and leisure engagement, emotional expression, attention, reminiscence and shared enjoyment.	Check residents' music preferences, ensure good visibility and comfortable sound levels, and invite conversation afterwards.
Denis's Presentation	May support curiosity, attention, learning, conversation and social participation, depending on the topic and format.	Introduce the topic, use clear visuals or a microphone if needed, and allow time for questions or discussion.
NAIDOC Week / National NAIDOC Theme	Can support cultural learning, inclusion, connection, reflection and respectful engagement with Aboriginal and Torres Strait Islander histories and cultures.	Use culturally respectful resources, explain the theme, and invite discussion or creative participation led by appropriate voices.
Independent Leisure	Supports autonomy, meaningful activity, motivation, self-direction and individual routines.	Offer accessible options and support residents to pursue interests independently or with others.

ısiderations. Benefits may vary

Key safety considerations
Follow falls-prevention plans, footwear and mobility recommendations; monitor fatigue, pain and environmental hazards.
Check wheelchair fit, brakes and footrests; follow transfer and positioning plans, weather precautions and individual consent.
Use movements appropriate to each resident’s abilities and care plan; avoid painful or restricted movements.
Use appropriate weights and prescribed precautions; monitor pain, breathlessness, fatigue and safe technique.
Adapt for vision, cognition, shoulder range, grip and balance; avoid forcing movement or fast throws.
Follow individual exercise precautions; monitor exertion, pain, dizziness and shortness of breath.

Check band condition and safe anchoring; use resistance and movements suited to individual care plans.
Adapt difficulty and sensory access; avoid putting residents on the spot or creating pressure to answer.
Consider posture, reach, grip, allergies, skin protection, hydration and safe tool use.
Consider hearing, voice fatigue, cultural preferences and sensory comfort; participation should be voluntary.
Be sensitive to distressing memories, trauma, grief and cognitive differences; allow residents to pass or change topic.
Adapt for vision, hearing, literacy, language and fine-motor needs; focus on enjoyment rather than performance.
Adapt for vision, hearing, dexterity and cognition; ensure the pace is comfortable and accessible.
Consider vision, hand function, frustration and fatigue; provide a comfortable setup and allow breaks.
Adapt for cognition, vision, hearing, dexterity and tolerance for competition; prioritise enjoyment and inclusion.
Consider hearing, vision, content sensitivities, sensory needs and the option to leave or take a break.
Adapt for vision, literacy, cognition and hand function; avoid pressure to finish.

Protect clothing and surfaces, consider allergies and grip or reach needs, and ensure drinks are suitable for each resident.
Respect refusal and changing preferences; make choices accessible for communication and cognitive needs.
Respect each resident’s beliefs, culture and choice; provide inclusive alternatives without pressure.
Consider hearing, language, literacy and emotional content; do not require reading aloud.
Participation must be voluntary and inclusive of individual beliefs and preferences.
Respect personal beliefs and choice; follow individual preferences for religious practices.
Be sensitive to grief, trauma and military or family experiences; provide the option not to attend.
Respect different beliefs and responses; avoid requiring a particular emotional or physical response.
Follow individual dietary, allergy, swallowing and assistance plans.
Support privacy, consent and communication needs; ensure residents’ views remain central.

Ensure communication is accessible and feedback is acknowledged and followed up where possible.
Adapt for vision, hand pain, dexterity and fatigue; offer alternative roles or activities.
Consider vision, hearing, literacy, language and cognitive needs; keep discussion respectful and inclusive.
Respect residents' social preferences and energy levels; follow dietary, allergy and swallowing plans.
Respect consent, cultural preferences, scalp or skin sensitivities, posture and individual care needs.
Consider hearing sensitivity, fatigue and cultural preferences; offer a quieter space or alternative.
Adapt content and duration to residents' interests, hearing, vision and attention; participation is optional.
Avoid tokenism or assumptions; consult credible Aboriginal and Torres Strait Islander-led resources and respect residents' identities and perspectives.
Respect choice, privacy, refusal and the level of support each resident wants.