



Luxe Years Co

FREE SAMPLE WEEK

**The Aussie lifestyle month,
done for you**

How to use this sample

- **Print it** on A4, or share it on a screen.
- **Pick an activity** for each day. Every card has 3 levels.
- **Tick your week** on page 3, then adapt it to your residents.

5 tabs. 3 ability levels.



Level 1 Easy · watch, listen, chat

Level 2 Together · join in with a little help

Level 3 Lead · host, share, guide others



MIND

Aussie Icons Quiz

Read a clue and show a picture card.
Which bird is famous for its laugh? (kookaburra)
Which sponge cake is rolled in chocolate and coconut? (lamington)

Easy: Listen, point or chat.

Together: Pick from 2–3 answer cards.

Lead: Host a team round.



MEMORIES

Afternoon Tea Memories

Pass round a teapot or biscuit tin. Ask: *What was afternoon tea like when you were young?*

Easy: Enjoy the tea and listen.

Together: Share a sentence or two.

Lead: Tell a story for a group Memory Page.



MOVE & MAKE

Wattle Stretch & Make

Seated and gentle: sway like gum leaves. Then make golden wattle (Australia's floral emblem) from yellow tissue balls on green paper stems.

Easy: Sway and scrunch tissue, with help.

Together: Make one stem of five wattle balls.

Lead: Design a group display.

**CULTURE & COMMUNITY****Singalong Morning Tea**

Pick three well-known songs. Print the words in large type. Add a cuppa and a lamington.

Easy: Hum, tap or listen.

Together: Sing the chorus together.

Lead: Choose the songs and lead a verse.

**EVIDENCE & FAMILY****Family Postcard**

Everyone shares one line about their week. Write it on a card to send home.

Easy: Point to a favourite-moment picture.

Together: Say one line; staff write it.

Lead: Write and decorate the card.

Your Week

Day	Activity	Level (circle)			Done
Mon	Aussie Icons Quiz	1	2	3	☐
Tue	Afternoon Tea Memories	1	2	3	☐
Wed	Wattle Stretch & Make	1	2	3	☐
Thu	Singalong Morning Tea	1	2	3	☐
Fri	Family Postcard	1	2	3	☐
Weekend	Your choice: _____	1	2	3	☐

Tip: run one activity at all 3 levels in the same room so everyone can join in.

Love the sample week? Get the full pack.

What's in the full pack

- **The Aussie lifestyle month, done for you:** weekly activities, ready to run
- **5 tabs:** Mind, Memories, Move & Make, Culture & Community, Evidence & Family
- **3 ability levels** on every activity
- **Large-print pages** you can print or show on a screen

Simple pricing

A\$29

per month

A\$249

per year

A\$199

per home group

Free December for up to 3 homes

How to get it

Email us at **hello@luxeyearscos.com** with the subject **Full pack** and your home's name. We'll reply with the next steps.

This sample shares general lifestyle ideas. Please adapt each activity to the people you support and to your home's own policies.