



2024 ROSEWOOD ACTIVITY PROGRAM

Citrus

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 9:30am Chair Aerobics 10:15am Morning Tea 11am Reminiscing 2pm Sip n Paint	2 9:30am Friday Funday 10:15am Morning Tea 11am Music & Lyrics 2pm Bingo / Friday Social	3 10:15am Movie/ Music Concert	4 10:15am Residents Choice
5 9:30am Chair Aerobics 10:15am Morning Tea 11am Princess Chair High Tea 2pm Bingo / Art Therapy	6 9:30am Chair Aerobics 10:15am Morning Tea 11am Vase Decorating 2pm Wax Therapy	7 9:30am Chair Aerobics 10:15am Morning Tea 11am Anglican Service - 1st Floor Dining Area 2pm Craft / Men's Club	8 9:30am Chair Aerobics 10:15am Morning Tea 11am Sports Club 2pm Movie Matinee	9 9:30am Friday Funday 10:15am Morning Tea 11am Valentine Craft 2pm Bingo / Friday Social	10 10:15am Movie/ Music Concert	11 10:15am Residents Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 9:30am Chair Aerobics 10:15am Morning Tea 11am Secret Women's Society 2pm Bingo	13 Shrove Tuesday 9:30am Chair Aerobics 10:15am Morning Tea 11am Cooking Pikelets 2pm Nail Care/ Documentary	14 Valentines Day 9:30am Chair Aerobics 10:15am Morning Tea 11am Cooking 2pm Armchair Travel to Paris	15 Bus Outing 9:30am Yoga / Chair Aerobics 10:15am Morning Tea 11am Gentle Music 2pm Party Games	16 Lunar New Year Celebration 9:30am Friday Funday 10:15am Morning Tea 11am Cooking 2pm Bingo / Friday Social	17 10:15am Movie/ Music Concert	18 10:15am Residents Choice
19 Library Collection 9:30am Chair Aerobics 10:15am Morning Tea 11am Gardening 2pm Bingo	20 Lunch Outing 9:30am Chair Aerobics 10:15am Morning Tea 11am Catholic Service 2pm Nail Care / Documentary	21 Birthday Party 9:30am Chair Aerobics 10:15am Morning Tea 11am Orthodox Prayer Group - Magnolia 2pm Birthday Party with Matt Price	22 Bus Outing 9:30am Yoga / Chair Aerobics 10:15am Morning Tea 11am Word Games 2pm Never Have I Ever	23 9:30am Friday Funday 10:15am Morning Tea 11am Party Games 2pm Bingo / Friday Social	24 10:15am Movie / Music Concert	25 10:15am Residents Choice
26 9:30am Chair Aerobics 10:15am Morning Tea 11am Residents Meeting 2pm Bingo	27 Combined Bus Outing 9:30am Combined Bus Outing 10:15am Morning Tea 11am Gentle Music 2pm Nail Care / Documentary	28 9:30am Chair Aerobics 10:15am Morning Tea 11am Knitting Club 2pm Gentle Music	29 Leap Year 9:30am Yoga / Chair Aerobics 10:15am Morning Tea 11am Leap Year Games 2pm Movie Matinee	<ul style="list-style-type: none"> ● Quiet Hour is every day between 1pm and 2pm. ● Lifestyle Activities are subject to change without notice due to staffing and foreseen circumstances. ● Walks are subject to temperature and weather conditions. ● Should we get covid in our home it will have a significant impact on our Lifestyle program. ● There are often individual activities running in the background. 		