



2024 ROSEWOOD ACTIVITY PROGRAM

Mainstream

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 9:30am Individual Visits 10am Exercises 11am Gym Windsor 11am Sing-Along 1:30pm Quiet Time 2pm Table Games	2 9:30am Individual Visits 10am Games/Walks 11am Catholic Gathering for Prayer-Kensington 11am Gym Balmoral 11am Bingo 1:30pm Quiet Time 2pm Rosies with Derek Tabaris 2pm Gym Waterford	3 Level I only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	4 Level I only 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Sing It Out
5 9:30am Individual Visits 10am Exercises 11am Art Therapy L4 11am Knitting Group LI 11am Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	6 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Anglican Service L4 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream	7 Bus Outing 9:30am Individual Visits 9:45am Mixed Bus Outing - Chocolate Factory 10am Exercises 11am Cooking 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	8 9:30am Individual Visits 10am Exercises 11am Sing-Along 11am Catholic Communion Service L4 11am Gym Windsor 1:30pm Quiet Time 2pm Composer Giuseppe Verdi - Documentary of his life (57mins) 2pm Art & Craft with Jody L4	9 9:30am Individual Visits 10am Games/Walks 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford	10 Lunar New Year Starts Level I only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	11 Level I only 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Sing It Out



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 9:30am Individual Visits 10am Exercises 11am Valentines Day Art 11am Gym Kensington 11am Speaking French with Sylvia - L4 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	13 9:30am Individual Visits 10am Exercises 11am Word Find 11am Gym Balmoral 12pm Squires by Invitation - Banquet Room 1:30pm Quiet Time 2pm Cooking - Shortbread Heart Shaped Biscuits	14 Valentines Day Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Balmoral 10am Exercises 11am Maths Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Valentine's Day Music & Drinks L4	15 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Sing-Along 11am Gym Windsor 1:30pm Quiet Time 2pm Armchair Travel - Mauritius	16 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Janie O 2pm Gym Waterford	17 Level I only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	18 Level I only 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Sing It Out
19 9:30am Individual Visits 10am Exercises 11am Quiz 11am Knitting Group LI 11am Italian Coffee Club 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo	20 Library Books 9:30am Individual Visits 10am Exercises 11am Gym Balmoral 11am Word Find 12pm Blokes by Invitation - Balcony L2 1:30pm Quiet Time 2pm People Who Changed the World - Joan Sutherland: The Reluctant Prima Donna	21 Bus Outing 9:30am Individual Visits 10am Exercises 10:30am Bus Outing - Kensington 11am Maths Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	22 9:30am Individual Visits 10am Exercises 11am Sing-Along 11am Sip & Paint 11am Gym Windsor 1:30pm Quiet Time 2pm Documentary - Unique Earth: The Essence of Water	23 9:30am Individual Visits 10am Games/Walks 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies Birthday Celebration 2pm Gym Waterford	24 Lunar New Year Ends Level I only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	25 Level I only 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Sing It Out
26 9:30am Individual Visits 10am Exercises 11am Quiz 11am Speaking French with Sylvia - L4 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	27 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Poetry - Banquet Room 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream	28 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Resident's Meeting L4 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	29 Leap Year 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Gym Windsor 1:30pm Quiet Time 2pm Floor Games (Bowling)	<ul style="list-style-type: none"> ● Lifestyle Activities are subject to change without notice due to staffing & other unforeseen circumstances. ● 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. ● Walks are subject to temperature and weather conditions. ● Activities in this colour are only for that floor. ● Activities in this colour are a little special. 		