



2024 ROSEWOOD ACTIVITY PROGRAM

Waterford

FEBRUARY



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--|---|
| | | | 1 9:30am Individual Visits 10am Exercises 11am Sing-Along 1:30pm Quiet Time 2pm Table Games | 2 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm Rosies with Derek Tabaris 2pm Gym Waterford | 3 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring In/!l Walks/Chats/Tranquil Music | 4 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/!l Walks/Chats/Tranquil Music |
| 5 9:30am Individual Visits 10am Exercises 11am Art Therapy L4 11am Knitting Group LI 11am Quiz 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor | 6 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Anglican Service L4 1:30pm Quiet Time 2pm Movie & Ice-Cream | 7 9:30am Individual Visits 10am Exercises 11am Cooking 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 1:30pm Quiet Time 2pm Verdi Requiem Bychkov - BBC Symphony Orchestra - BBC Proms 2011 2pm Art & Craft with Jody L4 | 9 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford | 10 Lunar New Year Ends 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring In/!l Walks/Chats/Tranquil Music | 11 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/!l Walks/Chats/Tranquil Music |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|--|--|
| 12 9:30am Individual Visits 10am Exercises 11am Valentines Day Art 11am Speaking French with Sylvia - L4 1:30pm Quiet Time 2pm Bingo | 13 9:30am Individual Visits 10am Exercises 11am Word Find 12pm Squires by Invitation - Banquet Room 1:30pm Quiet Time 2pm Cooking - Shortbread Heart Shaped Biscuits | 14 Valentines Day 9:30am Individual Visits 10am Exercises 11am Maths Quiz 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 1:30pm Quiet Time 2pm Armchair Travel - Mauritius | 16 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 1:30pm Quiet Time 2pm Rosies with Janie O 2pm Gym Waterford | 17 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring In/!l Walks/Chats/Tranquil Music | 18 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/!l Walks/Chats/Tranquil Music |
| 19 9:30am Individual Visits 10am Exercises 11am Quiz 11am Italian Coffee Club 1:30pm Quiet Time 2pm Bingo | 20 9:30am Individual Visits 10am Exercises 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 9:30am Individual Visits 10am Exercises 11am Maths Quiz 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 L4 1:30pm Quiet Time 2pm Documentary - Unique Earth: The Essence of Water | 23 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm Rosies Birthday Celebration 2pm Gym Waterford | 24 Lunar New Year Ends 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga to Music 5:30pm Colouring In/!l Walks/Chats/Tranquil Music | 25 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/!l Walks/Chats/Tranquil Music |
| 26 9:30am Individual Visits 10am Exercises 11am Quiz 11am Speaking French with Sylvia - L4 1:30pm Quiet Time 2pm Bingo | 27 Library Books 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Poetry - Banquet Room 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 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. | | |