



# 2024 ROSEWOOD ACTIVITY PROGRAM

## Mainstream

### MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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- 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.**

**1**  
 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 Harry, One Man Band**  
 2pm Gym Waterford

**2 Level I only**  
 10:15am Tea & Talk  
 11am Yoga Stretch & Music  
 1:30pm Quiet Time  
 2pm Quiz/Whiteboard Games  
 3pm Sing It Out

**3 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

**4**  
 9:30am Individual Visits  
 10am Exercises  
 10:30am **Art Therapy L4**  
 11am Knitting Group L1  
 11am Quiz  
 11am **Italian Coffee Club**  
 11am Gym Kensington  
 1:30pm Quiet Time  
 2pm Bingo  
 2pm Gym Windsor

**5 Library Books**  
 9:30am Individual Visits  
 10am Exercises  
 11am Reminiscing  
 11am **Anglican Service L4**  
 11am Gym Balmoral  
 1:30pm Quiet Time  
 2pm **Movie & Ice-Cream**

**6 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

**7**  
 9:30am Individual Visits  
 10am Table Games  
 10:50am **Yoga L4**  
 11am Floor Games  
 11am Gym Windsor  
 1:30pm Quiet Time  
 2pm **Music Appreciation Maria Callas: Reputation (BBC Documentary) 1:03**  
 2pm **Arts & Craft with Jody L4**

**8 International Women's Day**  
 9:30am Individual Visits  
 10am Exercises  
 11am Bingo  
 11am Gym Balmoral  
 1:30pm Quiet Time  
 2pm **Rosies with Lorna**  
 2pm Gym Waterford

**9 Level I only**  
 10:15am Tea & Talk  
 11am Yoga Stretch & Music  
 1:30pm Quiet Time  
 2pm Quiz/Whiteboard Games  
 3pm Sing It Out

**10 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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# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b> 9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Speaking French with Sylvia - L4 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	<b>12</b> 9:30am Individual Visits 10am Exercises 11am Word Find 11am Gym Balmoral 11am Poetry - Banquet Room 1:30pm Quiet Time 2pm Cooking - Muffins	<b>13</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am Bus Outing - Balmoral-Blackwall Reach Reserve 10am Exercises 11am Maths Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Documentary - Storm Chasing in the Atlantic / Storm Over the Atlantic / Earth Stories	<b>14</b> 9:30am Individual Visits 10am Exercises 11am Catholic Communion Service L4 11am Sing-Along 11am Gym Windsor 1:30pm Quiet Time 2pm Armchair Travel - Tanzania	<b>15</b> <b>St Patrick's Day Celebrations</b> 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Derek Tabaris (St Patrick's Day) 2pm Gym Waterford	<b>16</b> <b>Level I only</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	<b>17</b> <b>St Patrick's Day</b> <b>Level I only</b> 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Sing It Out
<b>18</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am Italian Coffee Club 11am Knitting Group LI 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	<b>19</b> 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 - Jane Goodall Study of Chimpanzees	<b>20</b> <b>Bus Outing</b> 9:30am Individual Visits 10am Exercises 10:30am Bus Outing - Kensington - Blackwall Reach Reserve 11am Maths Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Cooking 2pm Gym Waterford	<b>21</b> <b>Harmony Day wear Orange</b> 9:30am Individual Visits 10am Table Games 10:50am Yoga L4 10am Floor Games 11am Gym Windsor 1:30pm Quiet Time 2pm Afternoon Tea to Celebrate Harmony Day with snacks, music, dance & poetry from around the world L4	<b>22</b> 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies Birthday Celebration & Greek Day Celebration 2pm Gym Waterford	<b>23</b> <b>Level I only</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	<b>24</b> <b>Level I only</b> 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Sing It Out
<b>25</b> <b>Greek Independence</b> 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	<b>26</b> 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Balmoral 12pm Squires - Banquet Room by Invitation 1:30pm Quiet Time 2pm Movie & Ice-Cream	<b>27</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am Bus Outing - Waterford - Blackwall Reach Reserve 10am Exercises 11am Resident's Meeting L4 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	<b>28</b> 9:30am Individual Visits 10am Exercises 11am Sing-Along 11am Gym Windsor 1:30pm Quiet Time 2pm Floor Games (Bowling) 2pm Sip & Paint L4	<b>29</b> <b>Good Friday</b> 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm Movie: Call of the Wild 1:26 mins (2009) 2pm Gym Waterford	<b>30</b> <b>Easter Saturday</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	<b>31</b> <b>Easter Sunday</b> 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Sing It Out

