



# 2024 ROSEWOOD ACTIVITY PROGRAM

## Waterford

### 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 Bingo  
 1:30pm Quiet Time  
 2pm **Rosies with Harry, One Man Band**  
 2pm Gym Waterford

**2**

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/! Walks/Chats/Tranquil Music

**3**

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/! Walks/Chats/Tranquil Music

**4**

9:30am Individual Visits  
 10am Exercises  
 10:30am **Art Therapy L4**  
 11am Knitting Group L1  
 11am Quiz  
 11am **Italian Coffee Club**  
 1:30pm Quiet Time  
 2pm Bingo  
 3:30pm Dance It Out

**5**

**Library Books**

9:30am Individual Visits  
 10am Exercises  
 11am Reminiscing  
 11am **Anglican Service L4**  
 1:30pm Quiet Time  
 2pm **Movie & Ice-Cream**  
 3:30pm Dance It Out

**6**

9:30am Individual Visits  
 10am Exercises  
 11am Cooking  
 1:30pm Quiet Time  
 2pm Hand Pamper with Tranquil Music  
 2pm **Gym Waterford**  
 3:30pm Dance It Out

**7**

9:30am Individual Visits  
 10am Table Games  
 10:50am **Yoga L4**  
 11am Floor Games  
 1:30pm Quiet Time  
 2pm **Music Appreciation Maria Callas: Reputation (BBC Documentary) 1:03 mins**  
 2pm **Art & Craft with Jody L4**  
 3:30pm Dance It Out

**8**

**International Women's Day**

9:30am Individual Visits  
 10am Exercises  
 11am Bingo  
 1:30pm Quiet Time  
 2pm **Rosies with Lorna**  
 2pm **Gym Waterford**

**9**

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/! Walks/Chats/Tranquil Music

**10**

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/! Walks/Chats/Tranquil Music

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b> 9:30am Individual Visits 10am Exercises 11am <b>Speaking French with Sylvia - L4</b> 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>12</b> 9:30am Individual Visits 10am Exercises 11am Word Find 11am <b>Poetry - Banquet Room</b> 1:30pm Quiet Time 2pm Cooking - Muffins 3:30pm Dance It Out	<b>13</b> 9:30am Individual Visits 10am Exercises 11am Maths Quiz 1:30pm Quiet Time 2pm <b>Gym Waterford</b> 2pm <b>Documentary - Storm Chasing in the Atlantic / Storm Over the Atlantic / Earth Stories</b>	<b>14</b> 9:30am Individual Visits 10am Exercises 11am <b>Catholic Communion Service L4</b> 11am Sing-Along 1:30pm Quiet Time 2pm <b>Armchair Travel - Tanzania</b> 3:30pm Dance It Out	<b>15</b> <b>St Patrick's Day Celebrations</b> 9:30am Individual Visits 10am Games/Walks 11am <b>Greek Orthodox Service L4</b> 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies with Derek Tabaris (St Patrick's Day)</b> 2pm <b>Gym Waterford</b>	<b>16</b> 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/! Walks/Chats/Tranquil Music	<b>17</b> <b>St Patrick's Day</b> 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/! Walks/Chats/Tranquil Music
<b>18</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Italian Coffee Club</b> 11am Knitting Group L1 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>19</b> 9:30am Individual Visits 10am Exercises 11am Word Find 12pm <b>Blokes by Invitation - Balcony L2</b> 1:30pm Quiet Time 2pm <b>People Who Changed the World - Jane Goodall Study of Chimpanzees</b> 3:30pm Dance It Out	<b>20</b> 9:30am Individual Visits 10am Exercises 11am Maths Quiz 1:30pm Quiet Time 2pm Cooking 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>21</b> <b>Harmony Day wear Orange</b> 9:30am Individual Visits 10am Table Games 10:50am <b>Yoga L4</b> 10am Floor Games 1:30pm Quiet Time 2pm <b>Afternoon Tea to Celebrate Harmony Day with snacks, music, dance &amp; poetry from around the world L4</b>	<b>22</b> 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies Birthday Celebration &amp; Greek Day Celebration</b> 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>23</b> 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/! Walks/Chats/Tranquil Music	<b>24</b> 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm <b>Piano by Helen - Foyer</b> 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/! Walks/Chats/Tranquil Music
<b>25</b> <b>Greek Independence</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Speaking French with Sylvia - L4</b> 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>26</b> 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm <b>Movie &amp; Ice-Cream</b> 3:30pm Dance It Out	<b>27</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am <b>Bus Outing - Waterford - Blackwall Reach Reserve</b> 10am Exercises 11am <b>Resident's Meeting L4</b> 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>28</b> 9:30am Individual Visits 10am Exercises 11am Sing-Along 1:30pm Quiet Time 2pm Floor Games (Bowling) 2pm <b>Sip &amp; Paint L4</b> 3:30pm Dance It Out	<b>29</b> <b>Good Friday</b> 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm <b>Movie: Call of the Wild 1:26 mins (2009)</b> 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>30</b> <b>Easter Saturday</b> 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/! Walks/Chats/Tranquil Music	<b>31</b> <b>Easter Sunday Happy Easter!</b> 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/! Walks/Chats/Tranquil Music