



2024 ROSEWOOD ACTIVITY PROGRAM

Mainstream

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Easter Monday 9:30am Individual Visits 10am Exercises 11am Knitting Group LI 11am Quiz 11am Italian Coffee Club with Sylvia - Reception 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	2 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream - The Beautiful Game	3 Bus Outing 9:30am Individual Visits 9:45am Mixed Bus Outing - Chocolate Factory 10am Exercises 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	4 9:30am Individual Visits 10am Table Games 10:50am Yoga L4 11am Floor Games 11am Gym Windsor 1:30pm Quiet Time 2pm Music Appreciation Documentary: Pavarotti and the Italian Tenor 2pm Arts & Craft with Jody L4	5 9:30am Individual Visits 10am Games/Walks 11am Catholic Gathering for Prayer - Kensington only 11am Gym Balmoral 11am Bingo 1:30pm Quiet Time 2pm Rosies with Toni Italiano 2pm Gym Waterford	6 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	7 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Sing It Out
8 9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Speaking French with Sylvia - L4 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	9 9:30am Individual Visits 10am Exercises 11am Word Find 11am Poetry with Michael - Banquet Room 11am Gym Balmoral 1:30pm Quiet Time 2pm Nana Mouskouri - Concert New York 1997	10 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Sandy Beach Reserve Bassendean 10am Exercises 11am Cooking - Making your own Pizza 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music	11 9:30am Individual Visits 10am Exercises 11am Catholic Communion Service L4 11am Sing-Along 11am Gym Windsor 1:30pm Quiet Time 2pm Armchair Travel - Ireland	12 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford	13 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	14 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 2pm Gross Motor Games 3pm Sing It Out



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 9:30am Individual Visits 10am Exercises 11am Quiz 11am Italian Coffee Club with Sylvia - Reception 11am Knitting Group L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	16 Library Books 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream - Persuasion (Netflix)	17 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Sandy Beach Reserve Bassendean 10am Exercises 11am Maths Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm An Hour of Jazz with Barney Banquet Room 2pm Hand Pamper with Tranquil Music	18 9:30am Individual Visits 10am Table Games 10:50am Yoga L4 10am Floor Games 11am Gym Windsor 1:30pm Quiet Time 2pm Documentary - Magical Land of Oz (Netflix) 2pm Sip & Paint with Lorna L4	19 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Kathryn Kyle 2pm Gym Waterford	20 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	21 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Sing It Out
22 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	23 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: The Rebellious Life of Rosa Parks	24 Bus Outing 9:30am Individual Visits 10am Exercises 9:45am Bus Outing - Sandy Beach Reserve Bassendean 11am Gym Kensington 11am Resident's Meeting L4 11am Hand Pamper with Tranquil Music 1:30pm Quiet Time 2pm Making Muffins 2pm Gym Waterford	25 Anzac Day 9:30am Individual Visits 10am Table Games 11am Floor Games 11am Gym Windsor 1:30pm Quiet Time 2pm Anzac Day Service L4 	26 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies Birthday Celebration	27 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	28 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer
29 9:30am Individual Visits 10am Exercises 11am Quiz 11am Italian Coffee Club - Reception 11am Knitting L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo	30 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 - Nyad (Netflix)	<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. 				