



# 2024 ROSEWOOD ACTIVITY PROGRAM

## Waterford

### APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> <b>Easter Monday</b> 9:30am Individual Visits 10am Exercises 11am Knitting Group LI 11am Quiz 11am <b>Italian Coffee Club with Sylvia - Reception</b> 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>2</b> 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm <b>Movie &amp; Ice-Cream - Moby Dick</b> 3:30pm Dance It Out	<b>3</b> 9:30am Individual Visits 10am Exercises 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 3:30pm Dance It Out	<b>4</b> 9:30am Individual Visits 10am Table Games 10:50am <b>Yoga L4</b> 11am Floor Games 1:30pm Quiet Time 2pm <b>Music Appreciation Documentary: Pavarotti and the Italian Tenor</b> 2pm <b>Arts &amp; Craft with Jody L4</b> 3:30pm Dance It Out	<b>5</b> 9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies with Toni Italiano</b> 2pm <b>Gym Waterford</b>	<b>6</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>7</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>8</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>9</b> 9:30am Individual Visits 10am Exercises 11am Word Find 11am <b>Poetry with Michael - Banquet Room</b> 1:30pm Quiet Time 2pm <b>Nana Mouskouri - Concert New York 1997</b> 3:30pm Dance It Out	<b>10</b> 9:30am Individual Visits 10am Exercises 11am <b>Cooking - Making your own Pizza</b> 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>11</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 - Ireland</b> 3:30pm Dance It Out	<b>12</b> 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies with Lorna</b> 2pm <b>Gym Waterford</b>	<b>13</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>14</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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>15</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Italian Coffee Club with Sylvia - Reception</b> 11am Knitting Group L1 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>16</b> <b>Library Books</b> 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm <b>Mr Bean's Black Friday Accident!</b> 2pm <b>Mr Bean Funny Clips &amp; Ice-Cream</b> 3:30pm Dance It Out	<b>17</b> 9:30am Individual Visits 10am Exercises 11am Maths Quiz 1:30pm Quiet Time 2pm <b>Gym Waterford</b> 2pm <b>An Hour of Jazz with Barney Banquet Room</b> 2pm Hand Pamper with Tranquil Music 3:30pm Dance It Out	<b>18</b> 9:30am Individual Visits 10am Table Games 10:50am <b>Yoga L4</b> 10am Floor Games 1:30pm Quiet Time 2pm <b>Documentary - Magical Land of Oz (Netflix)</b> 2pm <b>Sip &amp; Paint with Lorna L4</b> 3:30pm Dance It Out	<b>19</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 Kathryn Kyle</b> 2pm <b>Gym Waterford</b>	<b>20</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>21</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>22</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Speaking French with Sylvia - L4</b> 11am Knitting L1 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>23</b> 9:30am Individual Visits 10am Exercises 11am Word Find 12pm <b>Blokes by Invitation - Balcony L2</b> 1:30pm Quiet Time 2pm <b>Illusionist Rob Lake Performs Exclusive Magic Show for the Troops</b> 3:30pm Dance It Out	<b>24</b> <b>Bus Outing</b> 9:30am Individual Visits 10am Exercises 9:45am <b>Bus Outing - Sandy Beach Reserve Bassendean</b> 11am <b>Resident's Meeting L4</b> 11am Hand Pamper with Tranquil Music 1:30pm Quiet Time 2pm <b>Making Muffins</b> 2pm <b>Gym Waterford</b> 3:30pm Dance It Out	<b>25</b> <b>Anzac Day</b> 9:30am Individual Visits 10am Table Games 11am Floor Games 1:30pm Quiet Time 2pm <b>Anzac Day Service L4</b>	<b>26</b> 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies Birthday Celebration</b> 2pm <b>Gym Waterford</b>	<b>27</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>28</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>29</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Italian Coffee Club - Reception</b> 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	<b>30</b> 9:30am Individual Visits 10am Exercises 11am Sing-Along 1:30pm Quiet Time 2pm <b>Yanni World Without Borders</b> 3:30pm Dance It Out						<ul style="list-style-type: none"> <li>• Lifestyle Activities are subject to change without notice due to staffing &amp; other unforeseen circumstances.</li> <li>• Should we get Covid in our home, it will have a significant impact on our Lifestyle Program.</li> <li>• There are often Individual Activities running in the background.</li> <li>• Walks are subject to temperature and weather conditions.</li> <li>• <b>Activities in this colour are only for that floor.</b></li> <li>• <b>Activities in this colour are a little special.</b></li> </ul>