



# 2024 ROSEWOOD ACTIVITY PROGRAM

## Citrus & Magnolia

### MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Anglican Service / Hand Tap 2pm Men's Club / Craft 3:30pm Individual Visits	<b>2</b> 9:30am Yoga / Chair Aerobics 10:15am Morning Tea 11am Word Games 2pm Knitting Club / Table Games 3:30pm Individual Visits	<b>3</b> 9:30am Friday Funday 10:15am Morning Tea 11am Music & Lyrics / Cards Club 2pm Bingo / Friday Social	<b>4</b> 10:15am Morning Tea 10:30 Nail Care / Residents Choice 11:30am Individual Visits	<b>5</b> 10:15am Morning Tea 10:30am Residents Choice
<b>6</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Secret Women's Society 2pm Bingo / Art Therapy 3:30pm Individual Visits	<b>7</b> <b>Lunch Outing</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care 2pm Mother's Day Craft 3:30pm Individual Visits	<b>8</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Sports Chat 2pm Pamper Session with Bubbly	<b>9</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Laughing Club 2pm Movie Matinee	<b>10</b> <b>Mother's Day Special</b> 9:30am Friday Funday 10:15am Mum's Morning Tea 11am Cards Club 2pm Bingo / Mother's Day Social	<b>11</b> 10:15am Morning Tea 10:30am Nail Care / Residents Choice 11:30am Individual Visits	<b>12</b> <b>Mother's Day</b> 10:15am Morning Tea 10:30am Mother's Day Special





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>13</b> <b>Library Books</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Drummer- cise 2pm Bingo 3:30pm Individual Visits	<b>14</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care 12pm Paint and	<b>15</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Orthodox Prayer Group /Celebrity Bingo 2pm Men's Club 3:30pm Individual Visits	<b>16</b> 9:30am Yoga / Chair Aerobics 10:15am Morning Tea 11am Mix and Match 2pm Knitting Club / Table Games	<b>17</b> 9:30am Friday Funday 10:15am Morning Tea 11am Cooking Fun /Cards Club 2pm Bingo/ Friday Social	<b>18</b> 10:15am Morning Tea 10:30am Nail Care / Residents Choice 11:30am Individual Visits	<b>19</b> 10:15am Morning Tea 10:30am Reminiscing
<b>20</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Gross Motor Activities 2pm Bingo 3:30pm Individual Visits	<b>21</b> 9:30am Morning Tea 10:15am Nail Care 11am Catholic Service / Word Games No afternoon activities due to Birthday Party on 1st Floor	<b>22</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Sensory Activity 2pm Carpet Bowls/ Bowling 3:30pm Individual Visits	<b>23</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Laughing Club 2pm Movers and Shakers 3:30pm Individual Visits	<b>24</b> 9:30am Friday Funday 10:15am Morning Tea 11am Pub Quiz/ Cards Club 2pm Bingo/ Friday Social	<b>25</b> 10:15am Morning Tea 10:30am Nail Care / Residents Choice 11:30am Individual Visits	<b>26</b> 10:15am Morning Tea 10:30am Residents Choice
<b>27</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Craft 2pm Bingo 3:30pm Individual Visits	<b>28</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care 2pm Armchair Travel: Italy	<b>29</b> <b>Birthday Party</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Residents Choice 2pm Birthday Party	<b>30</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Fun Games 2pm Knitting Club 3:30pm Individual Visits	<b>31</b> 9:30am Friday Funday 10:15am Morning Tea 11am Pub Quiz/ Cards Club 2pm Bingo/ Friday Social	<ul style="list-style-type: none"> <li>● Quiet Hour is every day between 1pm and 2pm.</li> <li>● Lifestyle Activities are subject to change without notice due to staffing and foreseen circumstances.</li> <li>● Walks are subject to temperature and weather conditions.</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> </ul>	