



2024 ROSEWOOD ACTIVITY CALENDAR Mainstream

JULY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



- 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 programme.
- There are often Individual Activities running in the background.
- Walks subject to temperature and weather conditions.
- Activities in this colour are only for that floor.
- Activities in this colour are a little special.
- Yoga every 1st & 3rd Thursday of the month.
- Knitting is on every 2nd Monday.
- This activity is tentatively in place and whether it goes ahead will be determined by our outbreak situation.

1 9:30am Individual Visits 10am Exercises 10:30am Art Therapy with Kat Scarff L4 11am Knitting L1 11am Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	2 9:30am Individual Visits 10am Exercises 11am Word Find 11am Gym Balmoral 11am Anglican Service L4 1:30pm Quiet Time 2pm Music Appreciation: Mendelssohn	3 9:30am Individual Visits 10am Exercises 11am Sing-Along: Choir Practise 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Pamper with Tranquil Music	4 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Quiz - Correction 1:30pm Quiet Time 2pm Environmental Documentary: Life on Our Planet Eps. 2 (Netflix) 2pm Resource Time (Staff only)	5 9:30am Individual Visits 10am Exercises 11am Bingo 11am Catholic Gathering for Prayer: Kensington 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies: Harry One Man Band	6 Level 1 Only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	7 NAIDOC Week Level 1 Only 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Sing It Out
8 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Quiz: Who Am I 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	9 NAIDOC Lunch 9:30am Individual Visits 10am Exercises 11am Preparation for NAIDOC Lunch 12pm NAIDOC Lunch 1:30pm Quiet Time 2pm Documentary: First People: Aboriginal Australians	10 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Music Matters 2013: Artist: Gurrumul Yunupingu 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Dot Painting Workshop with Artist Jody L4	11 NAIDOC Week Catholic Service 9:30am Individual Visits 10am Exercises 11am Aboriginal Word Find 11am Gym Windsor 11:15am Catholic Communion Service L4 1:30pm Quiet Time 2pm Making Damper	12 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford	13 Level 1 Only 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out	14 Level 1 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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JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>15</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz: Synonyms 11am Speaking French with Sylvia L4 11am Knitting LI 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor</div>	<div>16</div> <div>Library Books</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz: Trivia 11am Gym Balmoral 12pm Blokes Lunch on the Podium (1 & 2 Men) 1:30pm Quiet Time 2pm Movie & Ice-Cream: Dog</div>	<div>17</div> <div>Bus Outing</div> <div>Catholic Service</div> <div>9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Sing-Along: Choir Practise 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm An Hour of Jazz with Barney Banquet Room 2pm Hand Waxing with Tranquil Music</div>	<div>18</div> <div>9:30am Individual Visits 10:30am Morning Team and Conversation 10:50am Yoga L4 11am Quiz: Words Starting with the Letter 11am Gym Windsor 1:30pm Quiet Time 2pm Armchair Travel: Australia</div>	<div>19</div> <div>Greek Orthodox Service</div> <div>9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Toni Italiano 2pm Gym Waterford</div>	<div>20</div> <div>Level 1 Only</div> <div>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out</div>	<div>21</div> <div>Level 1 Only</div> <div>10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Sing It Out</div>
<div>22</div> <div>9:30am Individual Visits 10am Exercises 11am Speaking French with Sylvia: L4 11am Quiz: Trivia 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor</div>	<div>23</div> <div>Winter Feast</div> <div>9:30am Individual Visits 10am Exercises 11am Prep for Winter Feast 11am Gym Balmoral 12pm Winter Feast 1:30pm Quiet Time 2pm People Who Changed the World: Nelson Mandela</div>	<div>24</div> <div>Bus Outing</div> <div>9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Sing-Along: Choir Practise 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music</div>	<div>25</div> <div>9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Windsor 1:30pm Quiet Time 2pm Sip and Paint with Lorna: L4 2pm Cooking: Making Mini Quiches</div>	<div>26</div> <div>Birthday Party</div> <div>9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies Birthday Celebrations 2pm Gym Waterford</div>	<div>27</div> <div>Level 1 Only</div> <div>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing It Out</div>	<div>28</div> <div>Level 1 Only</div> <div>10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer</div>
<div>29</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz 11am Knitting LI 11am Italian Coffee Club: Reception 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor</div>	<div>30</div> <div>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: The Fundamental of Caring (1hr:37)</div>	<div>31</div> <div>Bus Outing</div> <div>9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Gym Kensington 11am Sing-Along: Choir Practise Residents Meeting L4 11am 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music</div>	<div><div>Last year's winter bus outing to Mundaring Weir</div></div>			