



# 2024 ROSEWOOD ACTIVITY CALENDAR Waterford

## 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.

<b>1</b> 9:30am Individual Visits 10am Exercises 10:30am <b>Art Therapy with Kat Scarff L4</b> 11am Knitting L1 11am Quiz 1:30pm Quiet Time 2pm Bingo 3:30pm <b>Dance It Out</b>	<b>2</b> 9:30am Individual Visits 10am Exercises 11am Word Find 11am <b>Anglican Service L4</b> 1:30pm Quiet Time 2pm <b>Music Appreciation: Mendelssohn</b> 3:30pm <b>Dance It Out</b>	<b>3</b> 9:30am Individual Visits 10am Exercises 11am <b>Sing-Along: Choir Practise</b> 1:30pm Quiet Time 2pm <b>Gym Waterford</b> 2pm Hand Pamper with Tranquil Music 3:30pm <b>Dance It Out</b>	<b>4</b> 9:30am Individual Visits 10am Exercises 10:50am <b>Yoga L4</b> 11am Quiz - Correction 1:30pm Quiet Time 2pm <b>Environmental Documentary: Life on Our Planet Eps. 2 (Netflix)</b> 2pm Resource Time (Staff)	<b>5</b> 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm <b>Rosies: Harry One Man Band</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/!l Walks/Chats/Tranquil Music	<b>7 NAIDOC Week</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/!l Walks/Chats/Tranquil Music
<b>8 NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am Quiz: Who Am I 1:30pm Quiet Time 2pm Bingo 3:30pm <b>Dance It Out</b>	<b>9 NAIDOC Lunch</b> 9:30am Individual Visits 10am Exercises 11am Preparation for NAIDOC Lunch 12pm <b>NAIDOC Lunch</b> 1:30pm Quiet Time 2pm <b>Documentary: First People: Aboriginal Australians</b> 3:30pm <b>Dance It Out</b>	<b>10 NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am <b>Music Matters 2013: Artist: Gurrumul Yunupingu</b> 1:30pm Quiet Time 2pm <b>Gym Waterford</b> 2pm <b>Dot Painting Workshop with Artist Jody L4</b>	<b>11 NAIDOC Week</b> <b>Catholic Service</b> 9:30am Individual Visits 10am Exercises 11am Aboriginal Word Find 11:15am <b>Catholic Communion Service L4</b> 1:30pm Quiet Time 2pm <b>Making Damper</b> 3:30pm <b>Dance It Out</b>	<b>12 NAIDOC Week</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/!l 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/!l Walks/Chats/Tranquil Music





# 2024 ACTIVITY CALENDAR • Waterford

# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>15</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Quiz: Synonyms</div> <div>11am Knitting LI</div> <div>11am Speaking French with Sylvia L4</div> <div>1:30pm Quiet Time</div> <div>2pm Bingo</div> <div>3:30pm Dance It Out</div>	<div>16</div> <div>Library Books</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Quiz: Words within Words</div> <div>12pm Blokes Lunch on the Podium (1 &amp; 2 Men)</div> <div>1:30pm Quiet Time</div> <div>2pm Movie &amp; Ice-Cream: True Spirit</div> <div>3:30pm Dance It Out</div>	<div>17</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Sing-Along: Choir Practise</div> <div>1:30pm Quiet Time</div> <div>2pm Gym Waterford</div> <div>2pm Hand Waxing with Tranquil Music</div> <div>3:30pm Dance It Out</div>	<div>18</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>10:50am Yoga L4</div> <div>11am Quiz: Words Starting with the Letter</div> <div>1:30pm Quiet Time</div> <div>2pm Armchair Travel: Australia</div> <div>3:30pm Dance It Out</div>	<div>19</div> <div>Greek Orthodox Service</div> <div>9:30am Individual Visits</div> <div>10am Games/Walks</div> <div>11am Greek Orthodox Service L4</div> <div>11am Bingo</div> <div>1:30pm Quiet Time</div> <div>2pm Rosies with Toni Italiano</div> <div>2pm Gym Waterford</div>	<div>20</div> <div>10:15am Tea &amp; Talk</div> <div>11am Exercise Group</div> <div>1:30pm Quiet Time</div> <div>2pm Quiz/Whiteboard Games</div> <div>3pm Dance It Out</div> <div>3:40pm Listening to Beautiful Hymns</div> <div>4:30pm Seated Yoga to Music</div> <div>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</div>	<div>21</div> <div>10:15am Tea &amp; Talk</div> <div>11:30am Songs of Praise</div> <div>1:30pm Quiet Time</div> <div>2pm Gross Motor Games</div> <div>3pm Dance It Out</div> <div>3:40pm Table Games</div> <div>4:30pm Seated Exercise</div> <div>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</div>
<div>22</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Speaking French with Sylvia: L4</div> <div>11am Quiz: Trivia</div> <div>1:30pm Quiet Time</div> <div>2pm Bingo</div> <div>3:30pm Dance It Out</div>	<div>23</div> <div>Winter Feast</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Prep for Winter Feast</div> <div>12pm Winter Feast</div> <div>1:30pm Quiet Time</div> <div>2pm People Who Changed the World: Nelson Mandela</div> <div>3:30pm Dance It Out</div>	<div>24</div> <div>9:30am Individual Visits</div> <div>9:45am Bus Outing</div> <div>10am Exercises</div> <div>11am Sing-Along: Choir Practise</div> <div>1:30pm Quiet Time</div> <div>2pm Gym Waterford</div> <div>2pm Hand Waxing with Tranquil Music</div> <div>3:30pm Dance It Out</div>	<div>25</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Reminiscing</div> <div>1:30pm Quiet Time</div> <div>2pm Sip and Paint with Lorna: L4</div> <div>2pm Cooking: Making Mini Quiches</div> <div>3:30pm Dance It Out</div>	<div>26</div> <div>Birthday Party</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Bingo</div> <div>1:30pm Quiet Time</div> <div>2pm Rosies Birthday Celebrations</div> <div>2pm Gym Waterford</div>	<div>27</div> <div>10:15am Tea &amp; Talk</div> <div>11am Exercise Group</div> <div>1:30pm Quiet Time</div> <div>2pm Quiz/Whiteboard Games</div> <div>3pm Dance It Out</div> <div>3:40pm Listening to Beautiful Hymns</div> <div>4:30pm Seated Yoga to Music</div> <div>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</div>	<div>28</div> <div>10:15am Tea &amp; Talk</div> <div>11:30am Songs of Praise</div> <div>1:30pm Quiet Time</div> <div>2pm Piano by Helen - Foyer</div> <div>3pm Dance It Out</div> <div>3:40pm Table Games</div> <div>4:30pm Seated Exercise</div> <div>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</div>
<div>29</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Knitting LI</div> <div>11am Italian Coffee Club: Reception</div> <div>1:30pm Quiet Time</div> <div>2pm Bingo</div>	<div>30</div> <div>9:30am Individual Visits</div> <div>10am Exercises</div> <div>11am Reminiscing</div> <div>12pm Squires: Banquet Room by Invitation</div> <div>1:30pm Quiet Time</div> <div>2pm Movie &amp; Ice-Cream: A Dog's Journey</div> <div>3:30pm Dance It Out</div>	<div>31</div> <div>Bus Outing</div> <div>9:30am Individual Visits</div> <div>9:45am Bus Outing</div> <div>10am Exercises</div> <div>11am Sing-Along: Choir Practise</div> <div>11am Residents Meeting L4</div> <div>1:30pm Quiet Time</div> <div>2pm Gym Waterford</div> <div>2pm Hand Waxing with Tranquil Music</div> <div>3:30pm Dance It Out</div>	<div><div>Last year's winter bus outing to Mundaring Weir</div></div>			