



2024 ROSEWOOD ACTIVITY CALENDAR

Mainstream

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 International Day of Older Persons 9:30am Individual Visits 10am Exercises 11am Quiz 11am Gym Balmoral 1:30pm Quiet Time 2pm Advocare Talk with Afternoon Tea 2:30pm Discussion Group (by Invitation)	2 Catholic Service 9:30am Individual Visits 10am Exercises 11am Sing-Along: Choir Practise 11am Catholic Service L4 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Pamper with Tranquil Music	3 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Quiz - Correction 11am Gym Windsor 1:30pm Quiet Time 1:45pm Phoenix Academy & Us 2pm Environmental Documentary: Life on Our Planet - Ep. 5 2pm Resource Time (staff)	4 World Smile Day 9:30am Individual Visits 10am Exercises 11am Bingo 11am Catholic Gathering for Prayer: Kensington 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies: Janie O Studio 2pm Gym Waterford	5 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz Games 3pm Sing-along	6 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games
7 9:30am Individual Visits 10am Exercises 11am Italian Coffee Club: Reception 11am Quiz 11am Knitting L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	8 Anglican Service 9:30am Individual Visits 10am Exercises 11am Anglican Service L4 11am Quiz: Trivia 11am Global Quiz Banquet Room 11am Gym Balmoral 1:30pm Quiet Time 2pm Music Appreciation: 2:30pm Discussion Group (by Invitation)	9 Curious Events Day Bus Outing 9:30am Individual Visit 9:45am Bus Outing 10am Exercises 10am YouTube: Curious Events 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music	10 9:30am Individual Visits 10am Exercises 11am Quiz: Correction 11am Gym Windsor 1:30pm Quiet Time 2pm Sip and Paint with Lorna: L4 2pm Quiet Pursuits: Craft/Table Tennis	11 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford	12 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz Games 3pm Sing-along	13 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Gross Motor Games



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14 9:30am Individual Visits 10am Exercises 11am Quiz - Trivia 11am Speaking French with Sylvia L4 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	15 9:30am Individual Visits 10am Exercises 11am Quiz: Trivia 11am Gym Balmoral 12pm Footy Tipping Windup by Invitation L4 1:30pm Quiet Time 2pm Movie & Ice-Cream: 2:30pm Discussion Group (by Invitation)	16 Bus Outing 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	17 9:30am Individual Visits 9:30am Exercises 10:50am Yoga L4 11am Word Find 11am Gym Windsor 1:30pm Quiet Time 1:45pm Phoenix Academy & Us 2pm Quiet Pursuits - Craft 2pm Cooking	18 Library Books 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies - Sing-Along 2pm Gym Waterford	19 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz Games 3pm Sing-along	20 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games
21 Aust. National Bird Week 9:30am Individual Visits 10am Exercises 11am Quiz - Trivia 11am Knitting LI 11am Italian Coffee Club: Reception 11am Gym Kensington 1:30pm Quiet Time 2pm Art with Jody 2pm Bingo 2pm Gym Windsor	22 9:30am Individual Visits 10am Exercises 11am Board/Floor Games 11am Gym Balmoral 12pm Blokes Lunch on the Podium (1 & 2 Men) 1:30pm Quiet Time 2pm People Who Changed the World 2:30pm Discussion Group (by Invitation)	23 Bus Outing 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	24 9:30am Individual Visits 10:30am Morning Tea & Conversation 11am Quiz - Words starting with the Letter? 11am Gym Windsor 1:30pm Quiet Time 2pm Armchair Travel: Japan	25 Birthday Party 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies - Birthday Celebration! Harry One Man Band 2pm Gym Waterford	26 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz Games 3pm Sing-along	27 Mainly Level 1 Grandparents Day 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Gross Motor Games
28 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	29 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Balmoral 12pm Squires: Banquet Room by Invitation 1:30pm Quiet Time 2pm Movie (Netflix) & Ice-Cream: 2:30pm Discussion Group (by Invitation)	30 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Sing-Along: Choir Practise 11am Gym Kensington 11am Residents Meeting L4 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music	31 Halloween 9:30am Individual Visits 9:30am Exercises 11am Reminiscing 11am Gym Windsor 1:30pm Quiet Time 1:45pm Phoenix Academy & Us 2pm Board/Floor Games	<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 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. 		