



2024 ROSEWOOD ACTIVITY CALENDAR

Waterford

OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1 International Day of Older Persons</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Advocare Talk with Afternoon Tea 3:30pm Dance It Out</p>	<p>2 Catholic Service</p> <p>9:30am Individual Visits 10am Exercises 11am Sing-Along: Choir Practise 11am Catholic Service L4 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Pamper with Tranquil Music 3:30pm Dance It Out</p>	<p>3</p> <p>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Quiz - Correction 1:30pm Quiet Time 2pm Environmental Documentary: Life on Our Planet - Ep. 5 3:30pm Dance It Out</p>	<p>4 World Smile Day</p> <p>9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosies: Janie O Studio 2pm Gym Waterford 3:30pm Dance It Out</p>	<p>5</p> <p>10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>6</p> <p>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 Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>
<p>7</p> <p>9:30am Individual Visits 10am Exercises 11am Italian Coffee Club: Reception 11am Quiz 11am Knitting LI 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out</p>	<p>8 Anglican Service</p> <p>9:30am Individual Visits 10am Exercises 11am Anglican Service L4 11am Quiz: Trivia 1:30pm Quiet Time 2pm Music Appreciation: 3:30pm Dance It Out</p>	<p>9 Curious Events Day</p> <p>9:30am Individual Visit 10am Exercises 10am YouTube: Curious Events 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music 3:30pm Dance It Out</p>	<p>10</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz: Correction 1:30pm Quiet Time 2pm Sip and Paint with Lorna: L4 2pm Quiet Pursuits: Craft/Table Tennis 3:30pm Dance It Out</p>	<p>11</p> <p>9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosies with Lorna 2pm Gym Waterford 3:30pm Dance It Out</p>	<p>12</p> <p>10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>13</p> <p>10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>



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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 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	15 9:30am Individual Visits 10am Exercises 11am Quiz: Trivia 1:30pm Quiet Time 2pm Movie & Ice-Cream: 3:30pm Dance It Out	16 9:30am Individual Visits 10am Exercises 11am Sing-Along: Choir Practise 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music 3:30pm Dance It Out	17 9:30am Individual Visits 9:30am Exercises 10:50am Yoga L4 11am Word Find 1:30pm Quiet Time 2pm Quiet Pursuits - Craft 2pm Cooking 3:30pm Dance It Out	18 Library Books 9:30am Individual Visits 10am Games/Walks 11am Greek Orthodox Service L4 11am Bingo 1:30pm Quiet Time 2pm Rosies - Sing-Along 2pm Gym Waterford 3:30pm Dance It Out	19 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music	20 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 Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
21 Aust. National Bird Week 9:30am Individual Visits 10am Exercises 11am Quiz - Trivia 11am Knitting LI 11am Italian Coffee Club: Reception 1:30pm Quiet Time 2pm Art with Jody 2pm Bingo 3:30pm Dance It Out	22 9:30am Individual Visits 10am Exercises 11am Board/Floor Games 12pm Blokes Lunch on the Podium (1 & 2 Men) 1:30pm Quiet Time 2pm Concert via YouTube 3:30pm Dance It Out	23 9:30am Individual Visits 10am Exercises 11am Sing-Along: Choir Practise 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music 3:30pm Dance It Out	24 9:30am Individual Visits 10:30am Morning Tea & Conversation 11am Quiz - Words starting with the Letter? 1:30pm Quiet Time 2pm Armchair Travel: Japan 3:30pm Dance It Out	25 Birthday Party 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosies - Birthday Celebration! Harry One Man Band 2pm Gym Waterford 3:30pm Dance It Out	26 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music	27 Grandparents Day 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
28 9:30am Individual Visits 10am Exercises 11am Quiz 11am Speaking French with Sylvia L4 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	29 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Movie (Netflix) & Ice-Cream: 3:30pm Dance It Out	30 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Sing-Along: Choir Practise 11am Residents Meeting L4 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music 3:30pm Dance It Out	31 Halloween 9:30am Individual Visits 9:30am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Board/Floor Games 3:30pm Dance It Out	<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. 		