



2024 ROSEWOOD ACTIVITY CALENDAR

Mainstream

NOVEMBER



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 Diwali

Catholic Service

9:30am Individual Visits
 9:45am What is Diwali?
 10am Exercises
 11am Bingo
 11am Catholic Gathering for Prayer L3 Residents only
 11am Gym Balmoral
 1:30pm Quiet Time
 2pm **Rosies: Derek Tabaris**
 2pm Gym Waterford

2 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

3 Mainly Level 1

10:15am Tea & Talk
 11:30am Songs of Praise
 1:30pm Quiet Time
 3pm Gross Motor Games

4

9:30am Individual Visits
 10am Exercises
 11am **Italian Coffee Club: Reception**
 11am Quiz/Walks
 11am Knitting L1
 11am Gym Kensington
 1:30pm Quiet Time
 2pm Bingo
 2pm Gym Windsor

5 Melbourne Cup

9:30am Individual Visits
 10am Preparation for Melbourne Cup Lunch
 11am Gym Balmoral
 11:30am **Melbourne Cup Lunch**
 1:30pm Quiet Time
 2pm **Music**
 2:30pm Discussion Group (by Invitation)

6 Bus Outing

9:30am Individual Visit
 9:45am **Bus Outing**
 10am Exercises
 11am Sing-Along
 11am Choir Practise
 11am **Catholic Rosary & Hymns L4**
 11am Gym Kensington
 1:30pm Quiet Time
 2pm Gym Waterford
 2pm Hand Pamper with Tranquil Music

7 Anglican Service

9:30am Individual Visits
 10am Exercises
 10:50am **Yoga L4**
 11am **Anglican Service L4**
 11am Walks/Board Games
 11am Gym Windsor
 1:30pm Quiet Time
 2pm **Cooking - Lemonade Scones**
 2pm **Sip and Paint with Lorna: L4**

8

9:30am Individual Visits
 10am Exercises
 11am Bingo
 11am Gym Balmoral
 1:30pm Quiet Time
 2pm **Rosies with Lorna & Greg**
 2pm Gym Waterford

9 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

10 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



2024 ACTIVITY CALENDAR • Mainstream

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11 Remembrance Day</p> <p>9:30am Preparation for Remembrance Day</p> <p>10:30am Remembrance Day Service</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>2pm Gym Windsor</p> 	<p>12</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Reminiscing: Australia in the 1950's - Film I6912</p> <p>11am Gym Balmoral</p> <p>12pm Blockes Lunch on the Podium (1 & 2 Men)</p> <p>1:30pm Quiet Time</p> <p>2pm Movie & Ice-Cream:</p> <p>2:30pm Discussion Group (by Invitation)</p>	<p>13 World Kindness Day</p> <p>Bus Outing</p> <p>9:30am Individual Visits</p> <p>9:45am Bus Outing</p> <p>10am Exercises</p> <p>11am Sing-Along: Choir Practise</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Gym Waterford</p> <p>2pm An Hour of Jazz with Barney Banquet Room</p> <p>2pm Hand Waxing with Tranquil Music</p>	<p>14</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Walks/Board Games</p> <p>11am Gym Windsor</p> <p>1:30pm Quiet Time</p> <p>1:45pm Phoenix Academy & Us</p> <p>2pm Documentary: One Hour of Your Favourite BBC Earth Moments-BBC Earth YouTube</p>	<p>15</p> <p>9:30am Individual Visits</p> <p>10am Gross Motor Games</p> <p>11am Bingo</p> <p>11am Gym Balmoral</p> <p>1:30pm Quiet Time</p> <p>2pm Rosies - Janie O Studios</p> <p>2pm Gym Waterford</p>	<p>16 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11am Yoga Stretch & Music</p> <p>11am Sing-along with George - Kensington only</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz Games</p> <p>3pm Sing-along</p>	<p>17 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11:30am Songs of Praise</p> <p>1:30pm Quiet Time</p> <p>3pm Gross Motor Games</p>
<p>18</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Quiz / Walks</p> <p>11am Speaking French with Sylvia L4</p> <p>11am Knitting L1</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>2pm Gym Windsor</p>	<p>19 Library Books</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Reminiscing</p> <p>11am Gym Balmoral</p> <p>1:30pm Quiet Time</p> <p>2pm People Who Changed the World</p> <p>2:30pm Discussion Group (by Invitation)</p>	<p>20 Bus Outing</p> <p>9:30am Individual Visits</p> <p>9:45am Bus Outing</p> <p>10am Exercises</p> <p>11am Sing-Along: Choir Practise</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Gym Waterford</p> <p>2pm Art with Jody</p> <p>2pm Hand Waxing with Tranquil Music</p>	<p>21 World Hello Day</p> <p>9:30am Individual Visits</p> <p>10:30am Morning Tea & Conversation</p> <p>10:50am Yoga L4</p> <p>11am Quiz - Words starting with the Letter?</p> <p>11am Gym Windsor</p> <p>1:30pm Quiet Time</p> <p>2pm Board/Floor Games</p>	<p>22</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Bingo</p> <p>11am Greek Orthodox Service L4</p> <p>11am Gym Balmoral</p> <p>1:30pm Quiet Time</p> <p>2pm Rosies</p> <p>2pm Gym Waterford</p>	<p>23 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11am Yoga Stretch & Music</p> <p>11am Sing-along with George - Kensington only</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz Games</p> <p>3pm Sing-along</p>	<p>24 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11:30am Songs of Praise</p> <p>1:30pm Quiet Time</p> <p>2pm Piano by Helen - Foyer</p> <p>3pm Gross Motor Games</p>
<p>25</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Quiz</p> <p>11am Italian Coffee Club: Reception</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>2pm Gym Windsor</p>	<p>26</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Reminiscing</p> <p>11am Gym Balmoral</p> <p>12pm Squires: Banquet Room by Invitation</p> <p>1:30pm Quiet Time</p> <p>2pm Movie (Netflix) & Ice-Cream:</p> <p>2:30pm Discussion Group (by Invitation)</p>	<p>27 Bus Outing</p> <p>9:30am Individual Visits</p> <p>9:45am Bus Outing</p> <p>10am Exercises</p> <p>11am Sing-Along: Choir Practise</p> <p>11am Gym Kensington</p> <p>11am Residents Meeting L4</p> <p>1:30pm Quiet Time</p> <p>2pm Gym Waterford</p> <p>2pm Hand Waxing with Tranquil Music</p>	<p>28</p> <p>9:30am Individual Visits</p> <p>9:30am Exercises</p> <p>11am Reminiscing</p> <p>11am Gym Windsor</p> <p>1:30pm Quiet Time</p> <p>1:45pm Phoenix Academy & Us</p> <p>2pm Armchair Travel: Nepal</p>	<p>29 Birthday Party</p> <p>9:30am Individual Visits</p> <p>10:30am Concert: Singing & Line Dancing by The Young at Heart Group</p> <p>11am Gym Balmoral</p> <p>1:30pm Quiet Time</p> <p>2pm Rosies - Birthday Celebration!</p> <p>2pm Gym Waterford</p>	<p>30 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11am Yoga Stretch & Music</p> <p>11am Sing-along with George - Kensington only</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz Games</p> <p>3pm Sing-along</p>	