



2024 ROSEWOOD ACTIVITY CALENDAR

Waterford

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

- 9:30am Individual Visits
- 9:45am What is Diwali?
- 10am Exercises
- 11am Bingo
- 1:30pm Quiet Time
- 2pm **Rosies: Derek Tabaris**
- 2pm **Gym Waterford**

2

- 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

3

- 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

4

- 9:30am Individual Visits
- 10am Exercises
- 11am **Italian Coffee Club: Reception**
- 11am Quiz/Walks
- 11am Knitting LI
- 1:30pm Quiet Time
- 2pm Bingo
- 3:30pm Dance It Out

5 Melbourne Cup

- 9:30am Individual Visits
- 10am Preparation for Melbourne Cup Lunch
- 11:30am **Melbourne Cup Lunch**
- 1:30pm Quiet Time
- 2pm **Music**
- 3:30pm Dance It Out

6

- 9:30am Individual Visit
- 10am Exercises
- 11am Sing-Along Choir Practise
- 11am **Catholic Rosary & Hymns L4**
- 1:30pm Quiet Time
- 2pm **Gym Waterford**
- 2pm Hand Pamper with Tranquil Music
- 3:30pm Dance It Out

7 Anglican Service

- 9:30am Individual Visits
- 10am Exercises
- 10:50am **Yoga L4**
- 11am **Anglican Service L4**
- 11am Walks/Board Games
- 1:30pm Quiet Time
- 2pm **Cooking - Lemonade Scones**
- 2pm **Sip and Paint with Lorna: L4**
- 3:30pm Dance It Out

8

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

9

- 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

10

- 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



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11 Remembrance Day

9:30am Preparation for Remembrance Day
 10:30am **Remembrance Day Service**
 10am Exercises
 1:30pm Quiet Time
 2pm Bingo
 3:30pm Dance It Out



12

9:30am Individual Visits
 10am Exercises
 11am Reminiscing: Australia in the 1950's - Film 16912
 12pm **Blokes Lunch on the Podium (1 & 2 Men)**
 1:30pm Quiet Time
 2pm **Movie & Ice-Cream:**
 3:30pm Dance It Out

13 World Kindness Day

9:30am Individual Visits
 10am Exercises
 11am Sing-Along: Choir Practise
 1:30pm Quiet Time
 2pm **Gym Waterford**
 2pm Hand Waxing with Tranquil Music / Floor Games
 3:30pm Dance It Out

14

9:30am Individual Visits
 10am Exercises
 11am Walks/Board Games
 1:30pm Quiet Time
 2pm **Documentary: One Hour of Your Favourite BBC Earth Moments-BBC Earth YouTube**
 3:30pm Dance It Out

15

9:30am Individual Visits
 10am Gross Motor Games
 11am Bingo
 1:30pm Quiet Time
 2pm **Rosies - Janie O Studios**
 2pm **Gym Waterford**

16

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

17

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

18

9:30am Individual Visits
 10am Exercises
 11am Quiz / Walks
 11am **Speaking French with Sylvia L4**
 11am Knitting L1
 1:30pm Quiet Time
 2pm Bingo
 3:30pm Dance It Out

19

Library Books

9:30am Individual Visits
 10am Exercises
 11am Reminiscing
 1:30pm Quiet Time
 2pm **Concert: YouTube**
 3:30pm Dance It Out

20

9:30am Individual Visits
 10am Exercises
 11am Sing-Along: Choir Practise
 1:30pm Quiet Time
 2pm **Gym Waterford**
 2pm **Art with Jody**
 2pm Hand Waxing with Tranquil Music/ Floor Games
 3:30pm Dance It Out

21

World Hello Day

9:30am Individual Visits
 10:30am Walks / Quiz
 10:50am **Yoga L4**
 11am Quiz - Words starting with the Letter?
 1:30pm Quiet Time
 2pm Board/Floor Games
 3:30pm Dance It Out

22

9:30am Individual Visits
 10am Exercises
 11am Bingo
 11am **Greek Orthodox Service L4**
 1:30pm Quiet Time
 2pm **Rosies**
 2pm **Gym Waterford**

23

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

24

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

25

9:30am Individual Visits
 10am Exercises
 11am Quiz
 11am **Italian Coffee Club: Reception**
 1:30pm Quiet Time
 2pm Bingo
 3:30pm Dance It Out

26

9:30am Individual Visits
 10am Exercises
 11am Reminiscing
 1:30pm Quiet Time
 2pm **Movie (Netflix) & Ice-Cream:**
 3:30pm Dance It Out

27

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/ Floor Games
 3:30pm Dance It Out

28

9:30am Individual Visits
 9:30am Exercises
 11am Reminiscing
 1:30pm Quiet Time
 2pm **Armchair Travel: Nepal**
 3:30pm Dance It Out

29

Birthday Party

9:30am Individual Visits
 10:30am **Concert: Singing & Line Dancing by The Young at Heart Group**
 1:30pm Quiet Time
 2pm **Rosies - Birthday Celebration!**
 2pm **Gym Waterford**

30

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