



2024 ROSEWOOD ACTIVITY CALENDAR

Mainstream

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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- 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.
- Activities in this colour are not on every week.

- 1 Mainly Level 1**
- 10:15am Tea & Talk
 - 11:30am Songs of Praise
 - 1:30pm Quiet Time
 - 2pm Gross Motor Games
 - 3:30pm Funniest Farm Animals (20min)

- 2**
- 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

- 3**
- 9:30am Individual Visits
 - 10am Exercises
 - 11am Anglican Service L4
 - 11am Global Quiz Banquet Rm
 - 11:15am Craft
 - 11am Gym Balmoral
 - 1:30pm Quiet Time
 - 2pm Music Appreciation

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

- 5**
- 9:30am Individual Visits
 - 10am Exercises
 - 10:50am Yoga L4
 - 11am Walks/Board Games
 - 11am Gym Windsor
 - 1:30pm Quiet Time
 - 2pm Staff Resource Time
 - 2pm Armchair Travel: Maldives

- 6**
- 9:30am Individual Visits
 - 10am Exercises
 - 11am Bingo
 - 11am Gym Balmoral
 - 1:30pm Quiet Time
 - 2pm Rosies with Lorna & Greg & Volunteer's Christmas Thank You Party
 - 2pm Gym Waterford

- 7 Mainly Level 1**
- 10:15am Tea & Talk
 - 11am Yoga Stretch & Music
 - 11am Sing-along with George - Kensington only
 - 1:30pm Quiet Time
 - 2pm Quiz / Whiteboard Games
 - 3pm Sing-along

- 8 Mainly Level 1**
- 10:15am Tea & Talk
 - 11:30am Songs of Praise
 - 1:30pm Quiet Time
 - 2pm Piano by Helen - Foyer
 - 3:30pm Colouring In

- 9**
- 9:30am Individual Visits
 - 10am Exercises
 - 11am Gym Kensington
 - 11am Speaking French with Sylvia L4
 - 11am Quiz/Walks
 - 1:30pm Quiet Time
 - 2pm Bingo
 - 2pm Gym Windsor

- 10 Library Books**
- 9:30am Individual Visits
 - 10am Exercises
 - 11am Gym Balmoral
 - 11:15am Craft
 - 12pm Blokes Lunch on the Podium (1 & 2 Men)
 - 1:30pm Quiet Time
 - 2pm Movie & Ice-Cream:

- 11 Bus Outing**
- 9:30am Individual Visits
 - 9:45am Bus Outing
 - 10am Exercises
 - 11am Sing-Along
 - 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

- 12 Resident's Christmas Party**
- 9:30am Preparation of Resident's Christmas Party
 - 11am Gym Windsor
 - 12pm Christmas Party with Toni Italiano, Santa & His Helpers
 - 1:30pm Quiet Time
 - 3pm Christmas Concert: YouTube: Rod Stewart - Christmas Live at Stirling Castle

- 13**
- 9:30am Individual Visits
 - 10am Gross Motor Games
 - 11am Bingo
 - 11am Gym Balmoral
 - 1:30pm Quiet Time
 - 2pm Residents' Concert
 - 2pm Performance L4
 - 2pm Gym Waterford

- 14 Mainly Level 1**
- 10:15am Tea & Talk
 - 11am Yoga Stretch & Music
 - 11am Sing-along with George - Kensington only
 - 1:30pm Quiet Time
 - 2pm Quiz / Whiteboard Games
 - 3pm Sing-along

- 15 Mainly Level 1**
- 10:15am Tea & Talk
 - 11:30am Songs of Praise
 - 1:30pm Quiet Time
 - 2pm Movie & Ice-Cream: Crazy Dog (Full Movie in English. Family Funny Comedy (1:30))



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 9:30am Individual Visits 10am Exercises 11am Quiz / Walks 11am Italian Coffee Club: Reception 11am Knitting L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	17 9:30am Individual Visits 10am Exercises 11am Gym Balmoral 11:15am Craft 1:30pm Quiet Time 2pm Christmas Carol Service L4	18 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Residents Meeting L4 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Ballet4Wellbeing L4 2pm Hand Waxing with Tranquil Music	19 9:30am Individual Visits 10:30am Morning Tea & Conversation 10:50am Yoga L4 11am Quiz-Words starting with the Letter? 11am Gym Windsor 12pm Women's Business & Finger Food Lunch with Guest Speaker-Cathy Zordan L4 1:30pm Quiet Time 2pm Board/Floor Games 2pm Art with Jody L4	20 9:30am Individual Visits 10am Exercises 11am Bingo 11am Greek Orthodox Service L4 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosies: Gary Lynn 2pm Gym Waterford	21 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz / Whiteboard Games Games 3pm Sing-along	22 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3:30pm Colouring In
23 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	24 Christmas Eve 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Balmoral 1:30pm Quiet Time 11:30am Squires: Banquet Room by Invitation 1:30pm Quiet Time 2pm Movie & Ice-Cream:	25 Christmas Day 8am Assisting Residents to get ready for Christmas Day 	26 Boxing Day 9:30am Individual Visits 9:30am Exercises 11am Reminiscing - Sharing Christmas Experiences 11am Gym Windsor 1:30pm Quiet Time 2pm Board & Floor Games	27 Birthday Party 9:30am Individual Visits 11am Gym Balmoral 11am Bingo 1:30pm Quiet Time 2pm Rosies - Birthday Celebration! 2pm Gym Waterford	28 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 11am Sing-along with George - Kensington only 1:30pm Quiet Time 2pm Quiz / Whiteboard Games Games 3pm Sing-along	29 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm The Amazing Wildlife Living at the Equator's Edge. Equator Special (52:00)
30 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Knitting L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	31 New Year's Eve 9:30am Individual Visits 10am Exercises 11:15am Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm New Year's Concert: Tim Baptist					