



2024 ROSEWOOD ACTIVITY CALENDAR Waterford

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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. 			<ul style="list-style-type: none"> 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. 		<ul style="list-style-type: none"> 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3:30pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 2pm It's a Great Feeling (1949) Musical. Doris Day 	
<p>2</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Italian Coffee Club: Reception</p> <p>11am Quiz/Walks</p> <p>11am Knitting L1</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>3:30pm Dance It Out</p>	<p>3</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Anglican Service L4</p> <p>11:15am Craft</p> <p>1:30pm Quiet Time</p> <p>2pm Music</p> <p>3:30pm Appreciation: Elvis Presley Aloha from Hawaii 1973</p> <p>Dance It Out</p>	<p>4</p> <p>9:30am Individual Visit</p> <p>10am Exercises</p> <p>11am Catholic Service L4</p> <p>11am Sing-Along</p> <p>1:30pm Quiet Time</p> <p>2pm Gym Waterford</p> <p>2pm Make Your Own Afternoon Tea</p> <p>3:30pm Dance It Out</p>	<p>5</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>10:50am Yoga L4</p> <p>11am Walks/Board Games</p> <p>1:30pm Quiet Time</p> <p>2pm Staff Resource Time</p> <p>2pm Board or Floor Games</p> <p>3:30pm Dance It Out</p>	<p>6</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Bingo</p> <p>1:30pm Quiet Time</p> <p>2pm Rosies with Lorna & Greg & Volunteer's Christmas Thank You Party</p> <p>Gym Waterford</p>	<p>7</p> <p>10:15am Tea & Talk</p> <p>11am Exercise Group</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz Games</p> <p>3:30pm Dance It Out</p> <p>3:40pm Listening to Beautiful Hymns</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>8</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>3:30pm Dance It Out</p> <p>3:40pm Table Games</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>
<p>9</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Speaking French with Sylvia L4</p> <p>11am Quiz/Walks</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>3:30pm Dance It Out</p>	<p>10 Library Books</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11:15am Craft</p> <p>12pm Blokes Lunch on the Podium (1 & 2 Men)</p> <p>1:30pm Quiet Time</p> <p>2pm Blind Fold Food Tasting</p>	<p>11</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Sing-Along</p> <p>1:30pm Quiet Time</p> <p>2pm Gym Waterford</p> <p>2pm Make Your Own Afternoon Tea</p> <p>3:30pm Dance It Out</p>	<p>12 Resident's Christmas Party</p> <p>9:30am Preparation of Resident's Christmas Party</p> <p>12pm Christmas Party with Toni Italiano, Santa & His Helpers</p> <p>1:30pm Quiet Time</p> <p>3pm Christmas Concert: YouTube: Rod Stewart - Christmas Live at Stirling Castle</p>	<p>13</p> <p>9:30am Individual Visits</p> <p>10am Gross Motor Games</p> <p>11am Bingo</p> <p>1:30pm Quiet Time</p> <p>2pm Residents' Concert</p> <p>Performance L4</p> <p>Gym Waterford</p>	<p>14</p> <p>10:15am Tea & Talk</p> <p>11am Exercise Group</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz Games</p> <p>3:30pm Dance It Out</p> <p>3:40pm Listening to Beautiful Hymns</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>15</p> <p>10:15am Tea & Talk</p> <p>11:30am Songs of Praise</p> <p>1:30pm Quiet Time</p> <p>2pm Movie & Ice-Cream: Crazy Dog. Family Funny Comedy</p> <p>3:30pm Dance It Out</p> <p>3:40pm Table Games</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>



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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 LI 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	17 9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Christmas Carol Service L4 3:30pm Dance It Out	18 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11am Residents Meeting L4 1:30pm Quiet Time 2pm Gym Waterford 2pm Ballet4Wellbeing L4 3:30pm Dance It Out	19 9:30am Individual Visits 10:30am Morning Tea & Conversation 10:50am Yoga L4 11am Quiz-Words starting with the Letter? 1:30pm Quiet Time 2pm Board/Floor Games 2pm Art with Jody L4 3:30pm Dance It Out	20 9:30am Individual Visits 10am Exercises 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 2pm Rosies: Gary Lynn 2pm Gym Waterford	21 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3:30pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music	22 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano by Helen - Foyer 3:30pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
23 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	24 Christmas Eve 9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Movie & Ice-Cream: 3:30pm Dance It Out	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 1:30pm Quiet Time 2pm Board & Floor Games 3:30pm Dance It Out	27 Birthday Party 9:30am Individual Visits 1:30pm Quiet Time 11am Bingo 2pm Rosies - Birthday Celebration! 2pm Gym Waterford	28 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz Games 3:30pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music	29 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3:30pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music 6pm The Amazing Wildlife at the Equator's Edge (52mins)
30 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Knitting LI 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	31 New Year's Eve 9:30am Individual Visits 10am Exercises 11am Knitting LI 11:15am Craft 1:30pm Quiet Time 2pm New Year's Cooncert: Tim Baptist 3:30pm Dance It Out					