



# 2025 ROSEWOOD ACTIVITY CALENDAR

## Olive and Jacaranda

# JANUARY



### MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

- Quiet Hour is every day between 1pm and 2pm.
- Lifestyle Activities are subject to change without notice due to staffing and foreseen circumstances.
- Walks are subject to temperature and weather conditions.
- Should we get Covid in our home it will have a significant impact on our Lifestyle program.
- There are often individual activities running in the background.



<p><b>1</b> <b>Happy New Year!</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea 11am Word Games</p> <p>2pm <b>Cooking</b> 3:30pm Sing-along</p>	<p><b>2</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea 11am <b>Let's Talk Weddings</b></p> <p>2:15pm Knitting Club/ Table Games</p> <p>3:30pm Dance It Out</p>	<p><b>3</b></p> <p>9:30am Friday Funday</p> <p>10:15am Morning Tea 11am Cards Club/ <b>Block Building</b></p> <p>2pm Friday Social/ Bingo</p> <p>3pm Gentle Music</p>	<p><b>4</b></p> <p>12 pm Meal Assist 2pm Residents Choice</p> <p>3pm Sing-Along</p>	<p><b>5</b></p> <p>12 pm Meal Assist 2pm Residents Choice</p> <p>3pm Sing-Along</p>		
<p><b>6</b> <b>Library Books</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea 10:30am Arts N Craft</p> <p>2pm Bingo 3:30pm Hand Massages</p>	<p><b>7</b> <b>Bus Outing</b></p> <p>9:30am Chair Aerobics</p> <p>10:15 am Morning Tea 11am Nail Care/ Pet Therapy</p> <p>2pm <b>Movie Matinee/ Social Chats</b></p> <p>3:30pm Gentle Music</p>	<p><b>8</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea 12pm Men's Club/ Documentary</p> <p>3pm Table Games</p>	<p><b>9</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea 11am <b>Let's Talk about our First House</b></p> <p>2pm Basketball</p>	<p><b>10</b></p> <p>9:30am Friday Funday</p> <p>10:15am Morning Tea 11am Cards Club/ <b>Block Building</b></p> <p>2pm Friday Social/ Bingo</p> <p>3pm Gentle Music</p>	<p><b>11</b></p> <p>12 pm Meal Assist 2pm Residents Choice</p> <p>3pm Sing-Along</p>	<p><b>12</b></p> <p>12 pm Meal Assist 2pm Residents Choice</p> <p>3pm Sing-Along</p>



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# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>13</b> 9:30am Chair Aerobics 10:15am Morning Tea 10:30am Table Games 2pm Bingo 3:30pm Hand Massages	<b>14</b> <b>Motion by the Ocean</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care/ Pet Therapy 2pm <b>Paint N Sip</b> 3:30pm Gentle Music	<b>15</b> <b>Catholic Service</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Catholic Service 12pm <b>Cooking</b> 3pm Home Duties	<b>16</b> 9:30am Yoga/Chair Aerobics 10:15am Morning Tea 11am <b>Let's Talk about our First Love</b> 2pm Knitting Club/ Social Chats 3pm Dance It Out	<b>17</b> 9:30am Friday Funday 10:15am Morning Tea 11am Cards Club/ <b>Block Building</b> 2pm Friday Social/ Bingo 3pm Gentle Music	<b>18</b> 12 pm Meal Assist Residents Choice 2pm 3pm Sing-Along	<b>19</b> 12 pm Meal Assist Residents Choice 2pm 3pm Sing-Along
<b>20</b> 9:30am Chair Aerobics 10:15am Morning Tea 10:30am Arts N Craft 2pm Bingo / Australia Day Art 3:30pm Individual Visits	<b>21</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care/ Pet Therapy 2:30pm Movie Matinee	<b>22</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Catholic Service 2pm <b>Australia Day Decorating</b> 3:30pm Individual Visits	<b>23</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am <b>Let's Talk about Going to the Beach</b> 2pm Basketball 3:30pm Individual Visits	<b>24</b> <b>Australia Day Celebrations</b> 9:30am Friday Funday 10:15am Morning Tea 11am Cards Club/ <b>Block Building Sausage Sizzle Social/ Bingo</b> 2pm	<b>25</b> 12 pm Meal Assist Residents Choice 2pm 3pm Sing-Along	<b>26</b> <b>Australia Day</b> 12 pm Meal Assist Residents Choice 2pm 3pm Sing-Along
<b>27</b> 9:30am Chair Aerobics 10:15am Morning Tea 11:30am Table Games/ Doll Therapy 2pm Bingo 3:30pm Individual Visits	<b>28</b> <b>Birthday Party</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Nail Care/ Pet Therapy 2pm Birthday Party	<b>29</b> <b>Chinese New Year!</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am <b>Get to Know Chinese Culture</b> 2pm <b>Paint N Sip</b>	<b>30</b> 9:30am Chair Aerobics 10:15am Morning Tea 11am Word Games 2pm Basketball 3:30pm Individual Visits	<b>31</b> 9:30am Friday Funday 10:15am Morning Tea 11am Cards Club/ <b>Block Building Chinese New Year Social/ Bingo</b> 2pm		