



2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

JANUARY



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 program.
- 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.



<p>1 New Year's Day</p> <p>9:30am Individual Visit 10am Exercises 11.15am Sing-Along: Choir Practice 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Pamper with Tranquil Music</p>	<p>2</p> <p>9:30am Individual Visits 10am Exercises 11am Walks/Board Games 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Games</p>	<p>3</p> <p>9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosie's: Manathan Duo 2pm Gym Waterford</p>	<p>4 Mainly Level 1</p> <p>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing-along</p>	<p>5 Mainly Level 1</p> <p>10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games</p>		
<p>6</p> <p>9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor</p>	<p>7</p> <p>9:30am Individual Visits 10am Exercises 11am Gym Balmoral 11:15am Craft 1:30pm Quiet Time 2pm Music Appreciation</p>	<p>8 Bus Outing</p> <p>9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11.15am Sing-Along: Choir Practice 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music</p>	<p>9</p> <p>9:30am Individual Visits 10am Exercises 11am Walks/Board Games 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Games</p>	<p>10</p> <p>9:30am Individual Visits 10am Exercises 11am Greek Orthodox Service New Year's Blessing: Reflection Rm 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosie's: Matt Price 2pm Gym Waterford</p>	<p>11 Mainly Level 1</p> <p>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing-along</p>	<p>12 Mainly Level 1</p> <p>10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13 9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	14 9:30am Individual Visits 10am Exercises 11am Global Quiz: Banquet Rm 11am Gym Balmoral 11:15am Craft 1:30pm Quiet Time 2pm Movie & Ice-Cream	15 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11.15am Sing-Along: Choir Practice 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Concert: YouTube 2pm Taking down the Christmas Decorations	16 9:30am Individual Visits 10am Exercises 11am Walks/Board Games 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Games 2pm Art with Jody L4	17 9:30am Individual Visits 10am Gross Motor Games 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosie's 2pm Gym Waterford	18 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing-along	19 Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games
20 9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	21 9:30am Individual Visits 10am Exercises 11am Gym Balmoral 11:15am Craft 1:30pm Quiet Time 2pm People Who Changed the World	22 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11.15am Sing-Along: Choir Practice 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm An Hour of Jazz with Barney: Banquet Rm 2pm Hand Waxing with Tranquil Music	23 9:30am Individual Visits 10:30am Morning Tea & Conversation 11am Gym Windsor 1:30pm Quiet Time 2pm Board & Floor Games	24 Australia Day Celebrations 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosie's: Special Australia Theme with Lorna 2pm Gym Waterford	25 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Sing-along	26 Australia Day Mainly Level 1 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 3pm Gross Motor Games
27 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	28 Library Books 9:30am Individual Visits 10am Exercises 11:15am Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream	29 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	30 9:30am Individual Visits 10:30am Morning Tea & Conversation 11am Gym Windsor 1:30pm Quiet Time 2pm Board/Floor Games 2pm Ballet4Wellbeing L4	31 Birthday Party 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 2pm Rosie's: Birthday Celebration 2pm Gym Waterford		