



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

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 Board Games 1:30pm Quiet Time 2pm Gym Waterford 2pm Concert: YouTube 3:30am Dance It Out</p>	<p>2</p> <p>9:30am Individual Visits 10am Exercises 11am Walks/Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 3:30am Dance It Out</p>	<p>3</p> <p>9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosie's: Manathan Duo 2pm Gym Waterford</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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 Movie</p>		
<p>6</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 3:30am Dance It Out</p>	<p>7</p> <p>9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Sing-Along 3:30am Dance It Out</p>	<p>8</p> <p>9:30am Individual Visits 10am Exercises 11.15am Board Games 1:30pm Quiet Time 2pm Gym Waterford 2pm Gardening 3:30am Dance It Out</p>	<p>9</p> <p>9:30am Individual Visits 10am Exercises 11am Walks/Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 3:30am Dance It Out</p>	<p>10</p> <p>9:30am Individual Visits 10am Exercises 11am Greek Orthodox Service New Year's Blessing: Reflection Rm 11am Bingo 1:30pm Quiet Time 2pm Rosie's: Matt Price 2pm Gym Waterford</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 3:30am Dance It Out	14 9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Sing-Along 3:30am Dance It Out	15 9:30am Individual Visits 10am Exercises 11:15am Board Games 1:30pm Quiet Time 2pm Gym Waterford 2pm Concert: YouTube 2pm Staff taking down the Christmas Decorations 3:30am Dance It Out	16 9:30am Individual Visits 10am Exercises 11am Walks/Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 3:30am Dance It Out	17 9:30am Individual Visits 10am Gross Motor Games 11am Bingo 1:30pm Quiet Time 2pm Rosie's 2pm Gym Waterford	18 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	19 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Movie & Ice-Cream 3:30pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
20 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 3:30am Dance It Out	21 9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Sing-Along 3:30am Dance It Out	22 9:30am Individual Visits 10am Exercises 11:15am Board Games 1:30pm Quiet Time 2pm Gym Waterford 2pm Food Tasting 3:30am Dance It Out	23 9:30am Individual Visits 10am Exercises 11am Walks/Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 3:30am Dance It Out	24 Australia Day Celebrations 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosie's: Special Australia Theme with Lorna 2pm Gym Waterford	25 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	26 Australia Day 10:15am Tea & Talk 11:30am Songs of Praise 1:30pm Quiet Time 2pm Movie & Ice-Cream Australia Day 3:30pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
27 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 3:30am Dance It Out	28 Library Books 9:30am Individual Visits 10am Exercises 11:15am Craft 1:30pm Quiet Time 2pm Sing-Along 3:30am Dance It Out	29 Bus Outing 9:30am Individual Visits 9:45am Bus Outing 10am Exercises 11:15am Board Games 11am Residents Meeting L4 1:30pm Quiet Time 11am Cooking 2pm Gym Waterford 3:30am Dance It Out	30 9:30am Individual Visits 10am Exercises 11am Walks/Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 2pm Ballet4Wellbeing L4 3:30am Dance It Out	31 Birthday Party 9:30am Individual Visits 10am Exercises 11am Bingo 1:30pm Quiet Time 2pm Rosie's: Birthday Celebration 2pm Gym Waterford		