



# 2025 ROSEWOOD ACTIVITY CALENDAR

## Mainstream

### FEBRUARY



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|--|--|--|--|---|--|---|
| <ul style="list-style-type: none"> <li>Lifestyle Activities are subject to change without notice due to staffing &amp; other unforeseen circumstances.</li> <li>Should we get Covid in our home it will have a significant impact on our Lifestyle program.</li> <li>There are often Individual Activities running in the background.</li> <li>Walks subject to temperature and weather conditions.</li> </ul> |  |  |  |   | <ul style="list-style-type: none"> <li>Activities in this colour are only for that floor.</li> <li>Activities in this colour are a little special.</li> <li>Knitting is on every 2nd Monday.</li> <li>This activity is tentatively in place and whether it goes ahead will be determined by our outbreak situation.</li> <li>Activities in this colour are not on every week.</li> </ul> |   |
|  |  |  |  |   | <b>1</b> <b>Mainly Level 1</b><br>10:15am Tea & Talk<br>11am Yoga Stretch & Music<br>11am Sing-along with George - Kensington only<br>1:30pm Quiet Time<br>2pm Quiz / Whiteboard Games<br>3pm Sing Along   | <b>2</b> <b>Mainly Level 1</b><br>10:15am Exercises & Games<br>11:30am Songs of Praise<br>1:30pm Quiet Time<br>2pm Wildlife: The Weird World of Insects (52m)<br>3pm Colouring In |
| <b>3</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Knitting Group L1<br>11am Quiz/Walks<br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Bingo<br>2pm Gym Windsor  | <b>4</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Art and Craft<br>11am Anglican Service L4<br>11am Gym Balmoral<br>11:30am Squires - Banquet Room by Invitation<br>1:30pm Quiet Time<br>2pm Music Appreciation | <b>5</b> <b>Bus Outing</b><br>9:30am Individual Visit<br>9:45am Bus Outing Balmoral<br>10am Exercises<br>11am Sing Along<br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Hand Pamper with Tranquil Music<br>2pm Gym Waterford | <b>6</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Quiz-Word starting with the Letter<br>11am Gym Windsor<br>1:30pm Quiet Time<br>2pm Board or Floor Games<br>2pm Travel to Nepal with Kamana L4 | <b>7</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Bingo<br>11am Gym Balmoral<br>1:30pm Quiet Time<br>1:45pm Sing Along at Rosie's<br>2pm Gym Waterford | <b>8</b> <b>Mainly Level 1</b><br>10:15am Tea & Talk<br>11am Yoga Stretch & Music<br>1:30pm Quiet Time<br>2pm Quiz / Whiteboard Games<br>3pm Sing Along  | <b>9</b> <b>Mainly Level 1</b><br>10:15am Exercises & Games<br>11:30am Songs of Praise<br>1:30pm Quiet Time<br>2pm Gross Motor Games<br>3pm Colouring In/! Walk/Chat              |



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|--|---|--|---|--|--|---|
| <b>10</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Quiz<br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Bingo<br>2pm Gym Windsor   | <b>11</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Art and Craft for Valentines Day<br>11am <b>Global Quiz - Banquet Room</b><br>11am Gym Balmoral<br>1:30pm Quiet Time<br>2pm People Who Changed the World                      | <b>12</b> <b>Bus Outing</b><br>9:30am Individual Visits<br>9:45am <b>Bus Outing Windsor</b><br>10am Exercises<br>11am Sing Along<br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Gym Waterford<br>2pm <b>Hand Waxing with Tranquil Music</b>  | <b>13</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Walk or Quiz<br>11am Gym Windsor<br>1:30pm Quiet Time<br>2pm Board or Floor Game<br>2pm <b>Art &amp; Craft with Jody L4</b>     | <b>14</b> <b>Valentines Day</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Bingo<br>11am Gym Balmoral<br>1:30pm Quiet Time<br>1:45pm <b>Valentines Day Celebration at Rosie's with Derek Tabaris</b><br>2pm Gym Waterford | <b>15</b> <b>Mainly Level 1</b><br>10:15am Tea & Talk<br>11am Yoga Stretch & Music<br>1:30pm Quiet Time<br>2pm Quiz / Whiteboard Games<br>3pm Sing Along | <b>16</b> <b>Mainly Level 1</b><br>10:15am Exercises & Games<br>11:30am Songs of Praise<br>1:30pm Quiet Time<br>2pm <b>Piano by Yuko - Foyer</b><br>3pm Colouring In  |
| <b>17</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Quiz<br>11am Knitting Group L1<br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Bingo<br>2pm Gym Windsor                           | <b>18</b> <b>Library Books</b><br>9:30am Individual Visits<br>10am Exercises<br>10:50am <b>Yoga L4</b><br>11am Art and Craft<br>11am Gym Balmoral<br>11am Art and Craft<br>12pm <b>Blokes - by Invitation Balcony L2</b><br>1:30pm Quiet Time | <b>19</b> <b>Bus Outing</b><br>9:30am Individual Visits<br>10am Exercises<br>10:30am <b>Bus Outing - Kensington</b><br>11am Gym Kensington<br>11am Sing Along<br>1:30pm Quiet Time<br>2pm <b>Hour of Jazz with Barney Banquet Room</b><br>2pm Hand Pamper with Tranquil Music<br>2pm Gym Waterford | <b>20</b><br>9:30am Individual Visits<br>10am Exercises<br>11am <b>Food Focus Meeting</b><br>11am Gym Windsor<br>11am Maths Quiz<br>1:30pm Quiet Time<br>2pm <b>Cooking</b>                     | <b>21</b><br>9:30am Individual Visits<br>10am Games/Walks<br>11am Bingo<br>11am <b>Greek Orthodox Service L4</b><br>11am Gym Balmoral<br>1:30pm Quiet Time<br>1:45pm <b>Rosie's with Janie O</b><br>2pm Gym Waterford                | <b>22</b> <b>Mainly Level 1</b><br>10:15am Tea & Talk<br>11am Yoga Stretch & Music<br>1:30pm Quiet Time<br>2pm Quiz / Whiteboard Games<br>3pm Sing Along | <b>23</b> <b>Mainly Level 1</b><br>10:15am Exercises & Games<br>11:30am Songs of Praise<br>1:30pm Quiet Time<br>2pm Gross Motor Games<br>3pm Colouring In/! Walk/Chat |
| <b>24</b><br>9:30am Individual Visits<br>10am Exercises<br>11am Quiz/Walks<br>11am <b>Speaking French with Sylvia L4</b><br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm Bingo<br>2pm Gym Windsor | <b>25</b><br>9:30am Individual Visits<br>10am Exercises<br>10:50am <b>Yoga L4</b><br>11am Art and Craft<br>11am Gym Balmoral<br>1:30pm Quiet Time<br>2pm Movie & Ice-Cream  | <b>26</b> <b>Bus Outing</b><br>9:30am Individual Visits<br>9:45am <b>Bus Outing - Waterford</b><br>10am Exercises<br>11am Sing Along<br>11am <b>Residents Meeting L4</b><br>11am Gym Kensington<br>1:30pm Quiet Time<br>2pm <b>Hand Waxing with Tranquil Music</b><br>2pm Gym Waterford            | <b>27</b><br>9:30am Individual Visits<br>10am Exercises<br>11am <b>Ballet4 WellingBeing L4</b><br>11am Gym Windsor<br>11am <b>Reminiscing</b><br>1:30pm Quiet Time<br>2pm Floor Games (Bowling) | <b>28</b> <b>Birthday Party</b><br>9:30am Individual Visits<br>10am Games/Walks<br>11am Bingo<br>11am Gym Balmoral<br>1:30pm Quiet Time<br>1:45pm <b>Rosie's Birthday Celebration</b><br>2pm Gym Waterford                           |  |   |