



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

FEBRUARY



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.
- 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.

1

10:15am Tea & Talk
 11am Exercise Group
 1:30pm Quiet Time
 2pm Quiz/Whiteboard Games
 3pm Dance It Out
 3:40pm Listening to Beautiful Hymns
 4:30pm Seated Yoga
 5:30pm Colouring In/! Walks/Chats/ Tranquil Music

2

10:15am Exercises & Games
 11:30am Songs of Praise
 1:30pm Quiet Time
 2pm Gross Motor Games
 3pm Dance It Out
 3:40pm Table Games
 4:30pm Seated Yoga
 5:30pm **Movie: Hairspray**

3

9:30am Individual Visits
 10am Exercises
 11am Knitting Group L1
 11am Quiz/Walks
 1:30pm Quiet Time
 2pm Bingo
 3:30pm Dance It Out

4

9:30am Individual Visits
 10am Exercises
 11am Art and Craft
 11am **Anglican Service L4**
 1:30pm Quiet Time
 2pm **Music Appreciation**
 3:30pm Dance It Out

5

9:30am Individual Visit
 10am Exercises
 11am Sing Along
 1:30pm Quiet Time
 2pm **Gardening**
 2pm **Gym Waterford**
 3:30pm Dance It Out

6

9:30am Individual Visits
 10am Exercises
 11am Word Quiz
 1:30pm Quiet Time
 2pm **Travel to Nepal with Kamana L4**
 2pm Gross Motor Activity
 3:30pm Dance It Out

7

9:30am Individual Visits
 10am Games/Walks
 11am Bingo
 1:30pm Quiet Time
 1:45pm **Sing Along at Rosie's**
 2pm **Gym Waterford**
 3:30pm Dance It Out

8

10:15am Tea & Talk
 11am Exercise Group
 1:30pm Quiet Time
 2pm Quiz/Whiteboard Games
 3pm Dance It Out
 3:40pm Listening to Beautiful Hymns
 4:30pm Seated Yoga
 5:30pm Colouring In/! Walks/Chats/ Tranquil Music

9

10:15am Exercises & Games
 11:30am Songs of Praise
 1:30pm Quiet Time
 2pm Gross Motor Games
 3pm Dance It Out
 3:40pm Table Games
 4:30pm Seated Yoga
 5:30pm **Documentary**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz/Walk 1:30pm Quiet Time 2pm Bingo 3.30pm Dance It Out</p>	<p>11</p> <p>9:30am Individual Visits 10am Exercises 11am Art and Craft for Valentines Day 1:30pm Quiet Time 2pm Floor Game 3.30pm Dance It Out</p>	<p>12</p> <p>9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Gym Waterford 2pm Cooking 3.30pm Dance It Out</p>	<p>13</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art & Craft with Jody L4 3.30pm Dance It Out</p>	<p>14 Valentines Day</p> <p>9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Valentines Day Celebration at Rosie's with Derek Tabaris 2pm Gym Waterford 3.30pm Dance It Out</p>	<p>15</p> <p>10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>16</p> <p>10:15am Exercises & Games 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 2pm Piano by Yuko - Foyer 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Movie & Ice-Cream</p>
<p>17</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz/Walk 11am Knitting Group L1 1:30pm Quiet Time 2pm Bingo 3.30pm Dance It Out</p>	<p>18 Library Books</p> <p>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 11am Art and Craft 12pm Blokes - by Invitation Balcony L2 1:30pm Quiet Time 2pm Floor Game 3.30pm Dance It Out</p>	<p>19</p> <p>9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Blind Fold Food Tasting 2pm Gym Waterford 3.30pm Dance It Out</p>	<p>20</p> <p>9:30am Individual Visits 10am Exercises 11am Food Focus Meeting 11am Word Find 1:30pm Quiet Time 2pm Gross Motor Activity 3.30pm Dance It Out</p>	<p>21</p> <p>9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Janie O 2pm Gym Waterford 3.30pm Dance It Out</p>	<p>22</p> <p>10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2pm Quiz/Whiteboard Games 3pm Dance It Out 3:40pm Listening to Beautiful Hymns 4:30pm Seated Yoga 5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>23</p> <p>10:15am Exercises & Games 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm YouTube Concert</p>
<p>24</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Speaking French with Sylvia L4 1:30pm Quiet Time 2pm Bingo 3.30pm Dance It Out</p>	<p>25</p> <p>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 1:30pm Quiet Time 2pm Floor Games (Bowling) 3.30pm Dance It Out</p>	<p>26 Bus Outing</p> <p>9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 11am Resident Meeting L4 1:30pm Quiet Time 2pm Board Game/ Hand Pampers 2pm Gym Waterford 3.30pm Dance It Out</p>	<p>27</p> <p>9:30am Individual Visits 10am Exercises 11am Ballet4 WellingBeing L4 11am Reminiscing 1:30pm Quiet Time 2pm Gross Motor Activity 3.30pm Dance It Out</p>	<p>28 Birthday Party</p> <p>9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Birthday Celebration 2pm Gym Waterford 3.30pm Dance It Out</p>	<p>Be My Valetine</p>	