





# 2025 ROSEWOOD ACTIVITY CALENDAR

## Olive and Jacaranda

### MARCH




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>31</b></p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea Discussion</p> <p>11am Walks / Sensory Activities</p> <p>2:30pm Bingo</p> <p>3:30pm Music N Lyrics</p>	<p>Lifestyle Activities are subject to change without notice due to staffing &amp; other unforeseen circumstances.</p> <ul style="list-style-type: none"> <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> <li>Activities in this colour are only for that floor.</li> <li>Activities in this colour are a little special.</li> <li>Yoga is every 2nd and 4th Tuesday.</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>				<p><b>1</b></p> <p>12 pm Meal Assist</p> <p>2pm Resident's Choice</p> <p>3pm Let's Dance</p>	<p><b>2</b></p> <p>12 pm Meal Assist</p> <p>2pm Resident's Choice</p> <p>3pm Sing-Along</p>
<p>More than 7.5 million people have migrated to Australia since 1945</p> 						
<p><b>HARMONY WEEK</b> EVERYONE BELONGS • HARMONY.GOV.AU</p> 						
<p><b>3</b> Labour Day</p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea Discussion</p> <p>11am Walks / Sensory Activities</p> <p>2:30pm Bingo</p> <p>3:30pm Music N Lyrics</p>	<p><b>4</b> Shrove Tuesday</p> <p>9:30am Chair Aerobics</p> <p>10:15 am Morning Tea with Pancakes</p> <p>2pm Armchair Travel to Denmark</p>	<p><b>5</b> Uniting Church Service</p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea Discussion</p> <p>11am Nail Care</p> <p>11am Uniting Church Service</p> <p>2pm Food Focus Group</p> <p>2:30pm Movie</p>	<p><b>6</b> Cafe Visit</p> <p>9:30am Chair Aerobics</p> <p>10:15am Morning Tea Discussion</p> <p>11am Arts N Craft</p> <p>2pm Bingo</p> <p>3:30pm Nail Care</p>	<p><b>7</b></p> <p>9:30am Friday Funday</p> <p>10:15am Morning Tea Discussion</p> <p>11am Walks</p> <p>2pm Friday Social</p>	<p><b>8</b> International Women's Day</p> <p>12 pm Meal Assist</p> <p>2pm Resident's Choice</p> <p>3pm Let's Dance</p>	<p><b>9</b></p> <p>12 pm Meal Assist</p> <p>2pm Resident's Choice</p> <p>3pm Sing-Along</p>



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# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10 Library Books</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am Walks / Sensory Activities 2:30pm Bingo 3:30pm Music N Lyrics	<b>11 Resident Meeting</b> 9:30am <b>Yoga/Chair</b> <b>Aerobics -</b> <b>Aranmore</b> <b>Kids</b> 10:15 am Morning Tea Discussion 11am <b>Resident</b> <b>Meeting</b> <b>(Citrus)</b> 2pm <b>Paint N Sip</b>	<b>12 Orthodox Service</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am <b>Orthodox</b> <b>Service</b> <b>(Magnolia)/</b> Memory Game 2:30pm Balloon Tennis 3:30pm Music N Lyrics	<b>13</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am Basketball 2pm Bingo 3:30pm Gentle Music with Hand Massages	<b>14</b> 9:30am Friday Funday 10:15am Morning Tea Discussion 11am Walks 2pm <b>St</b> <b>Patrick's</b> <b>Day</b> <b>Social</b> 	<b>15</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Let's Dance	<b>16</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Sing-Along
<b>17 St Patrick's Day</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am Walks / Sensory Activities 2:30pm Bingo 3:30pm Music N Lyrics	<b>18</b> 9:30am Chair Aerobics 10:15 am Morning Tea Discussion 11am Nail Care/ Pet Therapy 2:30pm Art N Craft	<b>19 Catholic Service</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am <b>Catholic</b> <b>Service/</b> Word Games 2pm <b>Cooking</b> 3:30pm Music N Lyrics	<b>20</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am <b>Harmony</b> <b>Day</b> <b>Activities</b> 2pm Bingo 3:30pm Gentle Music with Hand Massages	<b>21 Harmony Day</b> 9:30am Friday Funday 10:15am Morning Tea Discussion 11am Walks 2pm <b>Harmony</b> <b>Social</b>	<b>22</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Let's Dance	<b>23</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Sing-Along
<b>24</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am Walks / Sensory Activities 2:30pm Bingo 3:30pm Music N Lyrics	<b>25 Birthday Party</b> 9:30am Yoga/Chair Aerobics 10:15 am Morning Tea Discussion 10:30am Resident's Choice 2pm <b>Birthday</b> <b>Party</b>	<b>26</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am <b>Memory</b> <b>Games</b> 2pm Men's Club/ Documentary	<b>27</b> 9:30am Chair Aerobics 10:15am Morning Tea Discussion 11am Word Games 2pm Bingo 3:30pm Gentle Music with Hand Massages	<b>28</b> 9:30am Friday Funday 10:15am Morning Tea Discussion 11am Walks 2pm Friday Social	<b>29</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Let's Dance	<b>30</b> 12 pm Meal Assist 2pm Resident's Choice 3pm Sing-Along