



2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>31</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Knitting Group L1</p> <p>11am Quiz/Walks</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>2pm Gym Windsor</p>	<ul style="list-style-type: none"> 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 is every 2nd and 4th Tuesday. 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>More than 7.5 million people have migrated to Australia since 1945</p>	<p>1 Mainly Level 1</p> <p>10:15am Tea & Talk</p> <p>11am Yoga Stretch & Music</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz / Whiteboard Games</p> <p>3pm Sing it Out</p>	<p>2 Mainly Level 1</p> <p>10:15am Fun Exercises</p> <p>11:30am Songs of Praise</p> <p>1:30pm Quiet Time</p> <p>2pm The Golden Eagle - Master of the Sky</p> <p>3pm Colouring In</p>
<p>3 Labour Day</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Knitting Group L1</p> <p>11am Quiz/Walks</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>2pm Gym Windsor</p>	<p>4</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>10:45am Anglican Service L4</p> <p>11am Art and Craft</p> <p>11am Gym Balmoral</p> <p>11:30am Squires - Banquet Room by Invitation</p> <p>1:30pm Quiet Time</p> <p>2pm Music Appreciation</p>	<p>5 Bus Outing</p> <p>9:30am Individual Visit</p> <p>9:45am Bus Outing Balmoral</p> <p>10am Exercises</p> <p>11am Sing Along</p> <p>11am Gym Kensington</p> <p>1:30pm Quiet Time</p> <p>2pm Hand Pamper with Tranquil Music</p> <p>2pm Gym Waterford</p>	<p>6</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Quiz-Word starting with the Letter</p> <p>11am Gym Windsor</p> <p>1:30pm Quiet Time</p> <p>2pm Board or Floor Games</p> <p>2pm Sip and Paint with Lorna</p>	<p>7</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Bingo</p> <p>11am Gym Balmoral</p> <p>1:30pm Quiet Time</p> <p>1:45pm Rosie's with Peter Beanham</p> <p>2pm Gym Waterford</p>	<p>8 Mainly Level 1</p> <p>International Women's Day</p> <p>10:15am Tea & Talk</p> <p>11am Yoga Stretch & Music</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz / Whiteboard Games</p> <p>3pm Sing it Out</p>	<p>9 Mainly Level 1</p> <p>10:15am Fun Exercises</p> <p>11:30am Songs of Praise</p> <p>1:30pm Quiet Time</p> <p>2pm Gross Motor Games</p> <p>3pm Colouring In/! Walk/Chat</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 9:30am Individual Visits 10am Exercises 11am Quiz 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	11 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft 10:50am Yoga L4 11am Global Quiz - Banquet Room 11am Gym Balmoral 1:30pm Quiet Time 2pm People Who Changed the World	12 Bus Outing 9:30am Individual Visits 9:45am Bus Outing Windsor 10am Exercises 11am Sing Along 11am Gym Kensington 1:30pm Quiet Time 2pm Gym Waterford 2pm Hand Waxing with Tranquil Music	13 9:30am Individual Visits 10am Exercises 11am Walk or Quiz 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art & Craft with Jody L4	14 9:30am Individual Visits 10am Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Rosie's on Your Floor with Sing Along 2pm Gym Waterford	15 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	16 Mainly Level 1 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm L.V. Beethoven: Piano Concerto No. 1 - Krystian Zimerman; Wiener Philharmoniker 3pm Colouring In
17 St Patrick's Day 9:30am Individual Visits 10am Exercises 11am St Patrick's Day Quiz 11am Knitting Group L1 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor 	18 9:30am Individual Visits 10am Exercises 11am Art and Craft 11am Gym Balmoral 12pm Blokes - by Invitation Balcony L2 1:30pm Quiet Time 2pm Documentary: Who was St Patrick and the History Behind St Patrick's Day	19 Bus Outing 9:30am Individual Visits 10am Exercises 10:30am Bus Outing - Kensington 11am Gym Kensington 11am Sing Along 1:30pm Quiet Time 2pm Hour of Jazz with Barney Banquet Room 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	20 9:30am Individual Visits 10am Exercises 11am Gym Windsor 10:50am Ballet4 WellingBeing L4 11am Maths Quiz 1:30pm Quiet Time 2pm Board or Floor Game	21 Harmony Day 9:30am Individual Visits 10am Games/Walks 11am Bingo 11am Greek Orthodox Service L4 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Celebrating Harmony Day at Rosie's with Tony Italiano 2pm Gym Waterford	22 Mainly Level 1 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	23 Mainly Level 1 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
24 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Speaking French with Sylvia L4 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	25 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Movie & Ice-Cream	26 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 11am Residents Meeting L4 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Waxing with Tranquil Music 2pm Gym Waterford	27 9:30am Individual Visits 10am Exercises 11am Gym Windsor 11am Reminiscing 1:30pm Quiet Time 2pm Travel to Philippines L4 2pm Floor Games (Bowling)	28 Birthday Party 9:30am Individual Visits 10am Games/Walks 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Rosie's Birthday Celebration with Jay Weston 2pm Gym Waterford	29 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	30 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat