






2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

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>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>3:30pm Dance it Out</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</p> <p>10:15am Tea & Talk</p> <p>11am Exercise Group</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz/Whiteboard Games</p> <p>3pm Dance It Out</p> <p>3:40pm Listening to Beautiful Hymns</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>2</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 Dance It Out</p> <p>3:40pm Table Games</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Movie and Ice-Cream /Walks/ 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>1:30pm Quiet Time</p> <p>2pm Bingo</p> <p>3:30pm Dance it Out</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>1:30pm Quiet Time</p> <p>2pm Music Appreciation</p> <p>3:30pm Dance it Out</p>	<p>5</p> <p>9:30am Individual Visit</p> <p>10am Exercises</p> <p>11am Sing Along</p> <p>1:30pm Quiet Time</p> <p>2pm Gardening and Hand Pamper</p> <p>2pm Gym Waterford</p> <p>3:30pm Dance it Out</p>	<p>6</p> <p>9:30am Individual Visits</p> <p>10am Exercises</p> <p>11am Word Quiz</p> <p>1:30pm Quiet Time</p> <p>2pm Sip and Paint with Lorna</p> <p>2pm Gross Motor Activity</p> <p>3:30pm Dance it Out</p>	<p>7</p> <p>9:30am Individual Visits</p> <p>10am Games/Walks</p> <p>11am Bingo</p> <p>1:30pm Quiet Time</p> <p>1:45pm Rosie's with Peter Beanham</p> <p>2pm Gym Waterford</p>	<p>8 International Women's Day</p> <p>10:15am Tea & Talk</p> <p>11am Exercise Group</p> <p>1:30pm Quiet Time</p> <p>2pm Quiz/Whiteboard Games</p> <p>3pm Dance It Out</p> <p>3:40pm Listening to Beautiful Hymns</p> <p>4:30pm Seated Yoga</p> <p>5:30pm Colouring In/!l Walks/Chats/Tranquil Music</p>	<p>9</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 Dance It Out</p> <p>3:40pm Table Games</p> <p>4:30pm Seated Exercise</p> <p>5:30pm Documentary/Walks/ Colouring In</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10</p> <p>9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Bingo 3:30pm Dance it Out</p>	<p>11 Library Books</p> <p>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 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</p> <p>9:30am Individual Visits 10am Games/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's on Your Floor with Sing Along 2pm Gym Waterford</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/! Walks/Chats/Tranquil Music</p>	<p>16</p> <p>10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Movie and Ice-Cream /Walks/ Colouring In</p>
<p>17 St Patrick's Day</p> <p>9:30am Individual Visits 10am Exercises 11am St Patrick's Day Quiz 11am Knitting Group L1 1:30pm Quiet Time 2pm St Patrick's Day Bingo 3:30pm Dance it Out</p> 	<p>18</p> <p>9:30am Individual Visits 10am Exercises 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 Sensory Activity 2pm Gym Waterford 3:30pm Dance it Out</p>	<p>20</p> <p>9:30am Individual Visits 10am Exercises 11am Word Finds 10:50am Ballet4 WellingBeing L4 1:30pm Quiet Time 2pm Gross Motor Activity 3:30pm Dance it Out</p>	<p>21 Harmony Day</p> <p>9:30am Individual Visits 10am Games/Walks 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Celebrating Harmony Day at Rosie's with Tony Italiano 2pm Gym Waterford</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/! Walks/Chats/Tranquil Music</p>	<p>23</p> <p>10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm YouTube Concert/Walks/ Colouring In</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 Residents Meeting L4 11am Sing Along 1:30pm Quiet Time 2pm Board Game/Hand Pamper 2pm Gym Waterford 3:30pm Dance it Out</p>	<p>27</p> <p>9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Gross Motor Activity 2pm Travel to Philippines L4 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 with Jay Weston 2pm Gym Waterford</p>	<p>29</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/! Walks/Chats/Tranquil Music</p>	<p>30</p> <p>10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Documentary/ Walks/ Colouring In</p>