

2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

MAY



SUNDAY MONDAY SATURDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- 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.



9:30am Individual Visits 9:30am Individual Visits 10am Exercises

Quiz llam Gym Windsor

llam 1:30pm Quiet Time

2pm Board or Floor Game

2pm Sip and Paint with Lorna



10am Fun Exercises llam Bingo

Gym Balmoral llam 1:30pm Quiet Time

1:45pm Rosie's with Peter Beanham

2pm Gym Waterford

3

10:15am Tea & Talk Yoga Stretch & llam Music

1:30pm Quiet Time

2pm Quiz / Whiteboard

Games 3pm Sing it Out



10:15am Fun Exercises

1:30pm Quiet Time

2pm Gross Motor

3pm Colouring In/I:I

5

9:30am Individual Visits 10am Exercises llam Quiz/Walk llam Gym

Kensington Ilam Knitting Group L1 1:30pm Quiet Time

2pm Bingo

2pm Gym Windsor



9:30am Individual Visits 10am Exercises

10:50am Yoga L4 llam Mother's Day Art and Craft

10:45am Anglican Service L4 llam Gym Balmoral

II.30am Squires -**Banquet Room**

by Invitation 1:30pm Quiet Time

2pm Documentary

Bus Outing

9:30am Individual Visit

9:45am Bus Outing **Balmoral**

10am Exercises Ilam Sing Along llam Gym

Kensington 1:30pm Quiet Time

2pm Hand Pamper with Tranquil

Waterford

Music 2pm Gym

8

9:30am Individual Visits

10am Exercises Ilam Quiz-word starting with the Letter

llam Gym Windsor 1:30pm Quiet Time 2pm Cooking

Mother's Day Celebration

9:30am Individual Visits 10am Fun Exercises llam Bingo

llam Gym Balmoral 1:30pm Quiet Time 1:45pm Mother's Day

> Celebration ~ Afternoon Tea L4

2pm Gym Waterford 10

10:15am Tea & Talk Yoga Stretch & llam Music

1:30pm Quiet Time Quiz / 2pm

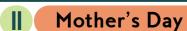
Whiteboard Games

3pm Sing it Out

II:30am Songs of Praise

Games

Walk/Chat



10:15am Fun Exercises II:30am Songs of Praise 1:30pm Quiet Time

2pm Gross Motor Games

3pm Colouring In/I:I







2025 ACTIVITY CALENDAR • Mainstream



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 International Nurses Day 9:30am Individual Visits IOam Exercises Ilam Quiz or Walk Ilam Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	9:30am Individual Visits IOam Exercises Ilam Art and Craft Ilam Gym Balmoral I:30pm Quiet Time 2pm People Who Changed the World	9:30am Individual Visits 9:45am Bus Outing - Windsor IOam Exercises Ilam Sing Along Ilam Gym Kensington I:30pm Quiet Time 2pm Hand Waxing with Tranquil Music 2pm Jazz with Barney 2pm Gym Waterford	Ilam Fun Exercises Ilam Walk or Quiz Ilam Gym Windsor I:30pm Quiet Time 2pm Board or Floor Game 2pm Art & Craft with Jody L4	Service L4 Ilam Gym Balmoral I:30pm Quiet Time	Ilam Yoga Stretch & Music I:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	IO:15am Fun Exercises II:30am Songs of Praise I:30pm Quiet Time 2pm YouTube Concert 3pm Colouring In/I:1 Walk/Chat
		9:30am Individual Visits 9:45am Bus Outing - Kensington IOam Exercises Ilam Sing Along I:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	IOam Exercises I0:50am Ballet4 WellingBeing L4 IIam Maths Quiz IIam Gym Windsor I:30pm Quiet Time 2pm Gardening	9:30am Individual Visits IOam Fun Exercises Ilam Bingo Ilam Gym Balmoral I:30pm Quiet Time I:45pm Sing Along at Rosies 2pm Gym Waterford	Ilam Yoga Stretch & Music I:30pm Quiet Time 2pm Quiz / Whiteboard Games	10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 2pm Piano Concert with Yuko 3pm Colouring In/I:1 Walk/Chat
9:30am Individual Visits IOam Exercises Ilam Quiz/Walks Ilam Speaking French with Sylvia L4 Ilam Gym Kensington I:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	IOam Exercises Ilam Art and Craft Ilam Gym Balmoral I2pm Blokes - by	9:30am Individual Visits 9:45am Bus Outing - Waterford IOam Exercises Ilam Sing Along Ilam Residents Meeting L4 Ilam Gym Kensington I:30pm Quiet Time 2pm Hand Waxing with Tranquil Music 2pm Gym Waterford	IOam Exercises IIam Word Quiz/ Walk IIam Gym Windsor I:30pm Quiet Time 2pm Board or Floor Game 2pm Travel to India L4	Birthday	Ilam Yoga Stretch & Music I:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	