



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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. 			1 9:30am Individual Visits 10am Exercises 11am Word Quiz 1:30pm Quiet Time 2pm Board or Floor Game 2pm Sip and Paint with Lorna 3:30pm Dance it Out	2 9:30am Individual Visits 10am Fun Exercises/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Peter Beanham 2pm Gym Waterford	3 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	4 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Movie & Ice-Cream 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music
5 9:30am Individual Visits 10am Exercises 11am Mother's Day Reminiscing 11am Knitting Group L1 1:30pm Quiet Time 2pm Bingo 3:30pm Dance it Out	6 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Mother's Day Art and Craft 10:45am Anglican Service L4 1:30pm Quiet Time 2pm Documentary 3:30pm Dance it Out	7 9:30am Individual Visit 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford 3:30pm Dance it Out	8 9:30am Individual Visits 10am Exercises 11am Word Quiz 1:30pm Quiet Time 2pm Board and Floor Games 3:30pm Dance it Out	9 Mother's Day Celebration 9:30am Individual Visits 10am Fun Exercises/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Mother's Day Celebration ~ Afternoon Tea L4 2pm Gym Waterford	10 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	11 Mother's Day 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 Yoga 5:30pm Colouring In/! Walks/Chats/Tranquil Music



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MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 International Nurses Day 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance it Out	13 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance it Out	14 9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Gym Waterford 11am Gardening 3:30pm Dance it Out	15 9:30am Individual Visits 10am Fun Exercises 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art & Craft with Jody L4 3:30pm Dance it Out	16 9:30am Individual Visits 10am Fun Exercises/ Walks 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Rosies with Tony Italiano 2pm Gym Waterford	17 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/ I:I Walks/Chats/ Tranquil Music	18 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music
19 Volunteers Week 19-25 May 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Knitting Group L1 1:30pm Quiet Time 2pm Bingo 3:30pm Dance it Out	20 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	21 9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Sensory Activity 2pm Gym Waterford 3:30pm Dance it Out	22 9:30am Individual Visits 10am Exercises 10:50am Ballet4 11am WellingBeing L4 11am Word Finds 1:30pm Quiet Time 2pm Gross Motor Activity 3:30pm Dance it Out	23 9:30am Individual Visits 10am Fun Exercises/ Walks 11am Bingo 1:30pm Quiet Time 1:45pm Sing Along at Rosies 2pm Gym Waterford	24 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/ I:I Walks/Chats/ Tranquil Music	25 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Piano Concert with Yuko 2pm Movie 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Exercise 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music
26 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	27 9:30am Individual Visits 10am Exercises 11am Art and Craft 12pm Blokes - by Invitation Balcony L2 1:30pm Quiet Time 2pm Floor Games (Bowling) 3:30pm Dance it Out	28 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 11am Residents Meeting L4 1:30pm Quiet Time 2pm Board Game/ Hand Pampers 2pm Gym Waterford 3:30pm Dance it Out	29 9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 2pm Travel to India L4 3:30pm Dance it Out	30 Birthdays 9:30am Individual Visits 10am Fun Exercises/ Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthday 2pm Gym Waterford	31 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/ I:I Walks/Chats/ Tranquil Music	