



2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

JUNE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30

9:30am Individual Visits
10am Exercises
11am Quiz or Walk
11am Speaking French with Sylvia L4
11am Gym Kensington
1:30pm Quiet Time
2pm Bingo
2pm Gym Windsor

- 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

10:15am Fun Exercises
11:30am Songs of Praise
1:30pm Quiet Time
2pm Gross Motor Games
3pm Colouring In/! Walk/Chat

2

WA Day

9:30am Individual Visits
10am Fun games for WA Day
11am Quiz on WA
11am Gym Kensington
1:30pm Quiet Time
2pm Bingo
2pm Gym Windsor

3

Library Books

9:30am Individual Visits
10am Exercises
11am Art and Craft
10:45am Anglican Service L4
11am Gym Balmoral
11:30am Squires - Banquet Room by Invitation
1:30pm Quiet Time
2pm Documentary

4

Bus Outing

9:30am Individual Visit
9:45am Bus Outing Balmoral
10am Exercises
11am Sing Along
11am Gym Kensington
1:30pm Quiet Time
2pm Hand Pamper with Tranquil Music
2pm Gym Waterford

5

9:30am Individual Visits
10am Exercises
11am Quiz
11am Residents Meeting L4
11am Gym Windsor
1:30pm Quiet Time
1:30pm Phoenix (by invitation only)
2pm Board or Floor Game

6

9:30am Individual Visits
10am Fun Exercises
11am Bingo
11am Gym Balmoral
1:30pm Quiet Time
1:45pm Rosie's with Peter Rowe
2pm Gym Waterford

7

10:15am Tea & Talk
11am Yoga Stretch & Music
1:30pm Quiet Time
2pm Quiz / Whiteboard Games
3pm Sing it Out

8

10:15am Fun Exercises
11:30am Songs of Praise
1:30pm Quiet Time
1:20pm AFL West Coast Eagles/North Melbourne
2pm Piano Concert with Courtney
3pm Colouring In/! Walk/Chat



2025 ACTIVITY CALENDAR • Mainstream

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1:30pm Quiet Time 2pm Social Sewing and Knitting with Bindu and Irma L3 2pm Bingo 2pm Gym Windsor	10 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm People Who Changed the World	11 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Windsor 10am Exercises 11am Sing Along 11am Catholic Communion Service 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Waxing with Tranquil Music 2pm Jazz with Barney 2pm Gym Waterford	12 9:30am Individual Visits 10am Fun Exercises 11am TV Concert 11am Walk or Quiz 11am Gym Windsor 1:30pm Quiet Time 2pm Sip and Paint with Lorna 2pm Board or Floor Game	13 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am Greek Orthodox Service L4 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Sing Along at Rosie's 2pm Gym Waterford	14 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	15 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat
16 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	17 9:30am Individual Visits 10am Exercises 11am Art and Craft 10:50am Global Quiz 11am Gym Balmoral 1:30pm Quiet Time 2pm Music Appreciation	18 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Kensington 10am Exercises 11am Gym Kensington 11am Sing Along 11am Food Focus Meeting 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	19 9:30am Individual Visits 10am Exercises 10:50am Ballet4 WellingBeing L4 11am Maths Quiz 11am Gym Windsor 1:30pm Quiet Time 2pm Gardening 1:30pm Phoenix (by invitation only)	20 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Rosie's with Harry I Man Band 2pm Gym Waterford	21 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	22 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat
23 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Gym Kensington 1:30pm Quiet Time 2pm Social Sewing and Knitting with Bindu and Irma L3 2pm Bingo 2pm Gym Windsor	24 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 11am Gym Balmoral 12pm Blokes - by Invitation Balcony L2 1:30pm Quiet Time 2pm Movie & Ice-Cream	25 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Waxing with Tranquil Music 2pm Gym Waterford	26 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art and Craft with Jody	27 Birthdays 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthday 2pm Gym Waterford	28 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	29 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat