



2025 ROSEWOOD ACTIVITY CALENDAR Waterford

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
1:30pm Quiet Time
2pm Bingo
3:30pm Dance it Out

- 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 My Penguin Friend Movie & Ice-Cream
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/!l Walks/Chats/Tranquil Music

2

WA Day

9:30am Individual Visits
10am Fun games for WA Day
11am Let's talk about WA/Quiz/History
1:30pm Quiet Time
2pm WA Day Bingo
3:30pm Dance it Out

3

Library Books

9:30am Individual Visits
10am Exercises
11am Art and Craft
10:45am Anglican Service L4
1:30pm Quiet Time
2pm Music Appreciation
3:30pm Dance it Out

4

9:30am Individual Visit
10am Exercises
11am Sing Along
1:30pm Quiet Time
2pm Hand Pamper/Hand Waxing with Tranquil Music
2pm Gym Waterford
3:30pm Dance it Out

5

9:30am Individual Visits
10am Exercises
11am TV Concert
11am Residents Meeting L4
1:30pm Quiet Time
2pm Board or Floor Game
3:30pm Dance it Out

6

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

7

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/!l Walks/Chats/Tranquil Music

8

10:15am Fun Exercises
11:30am Songs of Praise
1:20pm AFL West Coast Eagles/North Melbourne
1:30pm Quiet Time
2pm Piano Concert with Courtney
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/!l Walks/Chats/Tranquil Music



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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Social Sewing and Knitting with Bindu and Irma L3 2pm Bingo 3:30pm Dance it Out	10 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	11 9:30am Individual Visits 10am Exercises 11am Sing Along 11am Catholic Communion Service 1:30pm Quiet Time 2pm Gym Waterford 2pm Gardening 3:30pm Dance it Out	12 9:30am Individual Visits 10am Fun Exercises 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance it Out	13 9:30am Individual Visits 10am Fun Exercises/Walks 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Sing Along at Rosie's 2pm Gym Waterford	14 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	15 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Music Concert 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/I:I Walks/Chats/Tranquil Music
16 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance it Out	17 9:30am Individual Visits 10am Exercises 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance it Out	18 9:30am Individual Visits 10am Exercises 11am Sing Along 11am Food Focus Meeting 1:30pm Quiet Time 2pm Sip and Paint with Lorna L2 Only 2pm Gym Waterford 3:30pm Dance it Out	19 9:30am Individual Visits 10am Exercises 10:50am Ballet4 WellingBeing L4 11am Word Finds 1:30pm Quiet Time 2pm Gross Motor Activity 3:30pm Dance it Out	20 9:30am Individual Visits 10am Fun Exercises/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Harry I Man Band 2pm Gym Waterford	21 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	22 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Animal Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/I:I Walks/Chats/Tranquil Music
23 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Social Sewing and Knitting with Bindu and Irma L3 2pm Bingo 3:30pm Dance it Out	24 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 12pm Blokes - by Invitation Balcony L2 1:30pm Quiet Time 2pm Floor Games (bowling) 3:30pm Dance it Out	25 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Board Game/Hand Pamper 2pm Gym Waterford 3:30pm Dance it Out	26 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art and Craft with Jody 3:30pm Dance it Out	27 Birthdays 9:30am Individual Visits 10am Fun Exercises/Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthday 2pm Gym Waterford	28 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	29 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Animal Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/I:I Walks/Chats/Tranquil Music