

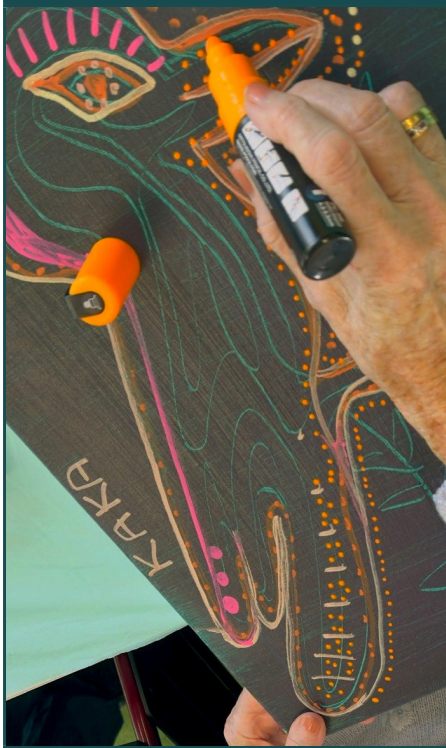


# 2025 ROSEWOOD ACTIVITY CALENDAR

## Mainstream

# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> 9:30am Individual Visits 10am Exercises 11am <b>Art and Craft for NAIDOC Week</b> 10:45am <b>Anglican Service L4</b> 11am <b>Gym Balmoral</b> 11:30am <b>Squires - Banquet Room by Invitation</b> 1:30pm Quiet Time 2pm William Shakespeare: The Life and Times Of	<b>2</b> <b>Bus Outing</b> 9:30am Individual Visit 9:45am <b>Bus Outing Windsor</b> 10am Exercises 11am Sing Along 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm <b>Gym Waterford</b> 2pm <b>Sip and Paint with Lorna L4</b>	<b>3</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am <b>Gym Windsor</b> 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Board or Floor Game	<b>4</b> 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 1:45pm <b>Rosie's with Derek Tabaris L4</b> 2pm <b>Gym Waterford</b>	<b>5</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>6</b> <b>NAIDOC Week</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat
<b>7</b> <b>NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am <b>Quiz for NAIDOC Week</b> 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm Bingo 2pm <b>Gym Windsor</b>	<b>8</b> <b>NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am <b>Art and Craft for NAIDOC Week</b> 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 2pm The Men of Fifth World - Planet Doc Full Documentaries (YouTube) 2pm <b>Social Sewing &amp; Knitting with Bindu &amp; Irma L4</b>	<b>9</b> <b>NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am <b>Residents Meeting L4</b> 11am <b>Catholic Communion Service L4</b> 11am Sing Along 11am <b>Gym Kensington</b> 1:30pm Quiet Time 2pm <b>Hand Waxing - Tranquil Music</b> 2pm <b>Jazz with Barney - Banquet Room</b> 2pm <b>Gym Waterford</b>	<b>10</b> <b>NAIDOC Week</b> 9:30am Individual Visits 10am Exercises 11am <b>Food Focus Meeting L4</b> 11am Quiz 11am <b>Gym Windsor</b> 1:30pm Quiet Time 2pm Board or Floor Game 2pm <b>Art and Craft with Jody L4</b>	<b>11</b> <b>NAIDOC Week</b> 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am <b>Gym Balmoral</b> 1:30pm Quiet Time 1:45pm <b>Rosie's with Janie O L4</b> 2pm <b>Gym Waterford</b>	<b>12</b> <b>NAIDOC Week</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>13</b> <b>NAIDOC Week</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat



# 2025 ACTIVITY CALENDAR • Mainstream

# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>14</b> 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	<b>15</b> <b>Library Books</b> 9:30am Individual Visits 10am Exercises 11am Art and Craft 10:50am <b>Global Quiz (by Invitation) Banquet Room</b> 11am Gym Balmoral 1:30pm Quiet Time 2pm Top 10 Best Singers of All Time Doc (YouTube)	<b>16</b> 9:30am Individual Visits 10am Exercises 11am Gym Kensington 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	<b>17</b> 9:30am Individual Visits 10am Exercises 10:50am <b>Ballet4 WellingBeing L4</b> 11am Maths Quiz 11am Gym Windsor 1:30pm Quiet Time 1:30pm Phoenix (by invitation only)	<b>18</b> 9:30am Individual Visits 10am Fun Exercises 11am <b>Greek Orthodox Service L4</b> 11am Bingo 11am Gym Balmoral 1:30pm Quiet Time 1:45pm <b>Sing Along at Rosie's L4</b> 2pm Gym Waterford	<b>19</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>20</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
<b>21</b> 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	<b>22</b> 9:30am Individual Visits 10am Exercises 10:50am <b>Yoga L4</b> 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Last Laughs: Movie & Ice-Cream 2pm <b>Social Sewing &amp; Knitting with Bindu &amp; Irma L4</b>	<b>23</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am <b>Bus Outing - Kensington</b> 10am Exercises 11am Sing Along 11am Gym Kensington 1:30pm Quiet Time 2pm <b>Hand Waxing with Tranquil Music</b> 2pm Gym Waterford	<b>24</b> 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game	<b>25</b> <b>Birthdays</b> 9:30am Individual Visits 10am Morning Tea 11am <b>WASO Concert on L4</b> 11am Gym Balmoral 1:30pm Quiet Time 1:45pm <b>Rosie's Celebrating Birthday on each Floor</b> 2pm Gym Waterford	<b>26</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>27</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
<b>28</b> 9:30am Individual Visits 10am Exercises 11am Quiz/Walks 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo 2pm Gym Windsor	<b>29</b> 9:30am Individual Visits 10am Exercises 10:50am <b>Yoga L4</b> 11am Art and Craft 11am Gym Balmoral 12pm <b>Blokes - by Invitation</b> 1:30pm Quiet Time 2pm My Octopus Teacher	<b>30</b> <b>Bus Outing</b> 9:30am Individual Visits 9:45am <b>Bus Outing - Waterford</b> 10am Exercises 11am <b>Residents Meeting L4</b> 11am Sing Along 11am Gym Kensington 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford	<b>31</b> 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game 2pm <b>Art and Craft with Jody L4</b>	<ul style="list-style-type: none"> <li>• Lifestyle Activities are subject to change without notice due to staffing &amp; other unforeseen circumstances.</li> <li>• Should we get Covid in our home it will have a significant impact on our Lifestyle program.</li> <li>• There are often Individual Activities running in the background.</li> <li>• Walks subject to temperature and weather conditions.</li> <li>• Activities in this colour are only for that floor.</li> <li>• Activities in this colour are a little special.</li> <li>• Yoga is every 2nd and 4th Tuesday.</li> <li>• Knitting is on every 2nd Monday.</li> <li>• This activity is tentatively in place and whether it goes ahead will be determined by our outbreak situation.</li> <li>• Activities in this colour are not on every week.</li> </ul>		