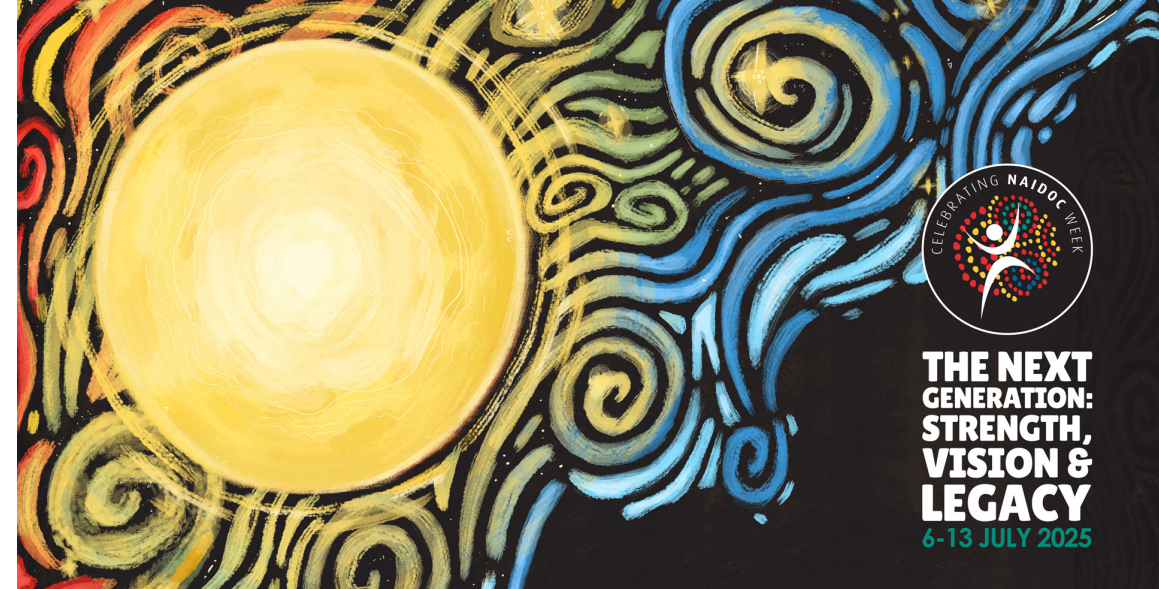




2025 ROSEWOOD ACTIVITY CALENDAR Waterford

JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 9:30am Individual Visits 10am Exercises 11am Art and Craft for NAIDOC Week 10:45am Anglican Service L4 1:30pm Quiet Time 2pm Abba: In Performance. Full Music Doc/ Stream Music & More (YouTube)	2 9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music 2pm Gym Waterford 3:30pm Dance It Out	3 9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance It Out	4 9:30am Individual Visits 10am Fun Exercises/ Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Derek Tabaris L4 2pm Gym Waterford	5 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	6 NAIDOC Week 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
7 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Quiz for NAIDOC Week 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	8 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Art and Craft for NAIDOC Week 1:30pm Quiet Time 2pm Floor Game 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	9 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Residents Meeting L4 11am Catholic Communion Service L4 11am Sing Along 1:30pm Quiet Time 2pm Sensory Activity 2pm Gym Waterford 3:30pm Dance It Out	10 NAIDOC Week 9:30am Individual Visits 10am Exercises 11am Food Focus Meeting L4 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance It Out	11 NAIDOC Week 9:30am Individual Visits 10am Fun Exercises/ Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Janie O L4 2pm Gym Waterford	12 NAIDOC Week 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	13 NAIDOC Week 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat



2025 ACTIVITY CALENDAR • Waterford

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>14</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out</div>	<div>15<div>Library Books</div></div> <div>9:30am Individual Visits 10am Exercises 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance It Out</div>	<div>16</div> <div>9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Board Game/ Hand Pampers 2pm Gym Waterford 3:30pm Dance It Out</div>	<div>17</div> <div>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</div>	<div>18</div> <div>9:30am Individual Visits 10am Fun Exercises/ Walks 11am Greek Orthodox Service L4 11am Bingo 1:30pm Quiet Time 1:45pm Sing Along at Rosie's L4 2pm Gym Waterford</div>	<div>19</div> <div>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out</div>	<div>20</div> <div>10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat</div>
<div>21</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out</div>	<div>22</div> <div>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game (Bowling) 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out</div>	<div>23</div> <div>9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Reminiscing 2pm Gym Waterford 3:30pm Dance It Out</div>	<div>24</div> <div>9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Gross Motor Activities 3:30pm Dance It Out</div>	<div>25<div>Birthdays</div></div> <div>9:30am Individual Visits 10am Morning Tea 11am WASO Concert on L4 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthday on each Floor 2pm Gym Waterford</div>	<div>26</div> <div>10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out</div>	<div>27</div> <div>10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:I Walk/Chat</div>
<div>28</div> <div>9:30am Individual Visits 10am Exercises 11am Quiz/Walks 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out</div>	<div>29</div> <div>9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 12pm Blokes - by Invitation 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance It Out</div>	<div>30<div>Bus Outing</div></div> <div>9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Residents Meeting L4 11am Sing Along 1:30pm Quiet Time 2pm Board Game/ Hand Pampers 2pm Gym Waterford 3:30pm Dance It Out</div>	<div>31</div> <div>9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 1:30pm Quiet Time 2pm Board or Floor Game 2pm Art and Craft with Jody L4 3:30pm Dance It Out</div>	<div><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.</div>		