



# 2025 ROSEWOOD ACTIVITY CALENDAR

## Mainstream

### AUGUST

Want to write a  
thank you note for  
Aged Care Employee Day?  
Ask staff at reception for a card.  
Family or staff can help  
you write it.



Do you know this location?

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

#### SATURDAY

#### SUNDAY

- 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 Fun Exercises  
11am Bingo  
1:30pm Quiet Time  
1:45pm Rosie's with Opera Singer, Katie L4

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

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

**4**  
9:30am Individual Visits  
10am Exercises  
11am Quiz  
11am Gym Kensington  
1pm Italian Club by Invitation L3  
1:30pm Quiet Time  
2pm Bingo

**5**  
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 People Who Change the World

**6** Bus Outing  
9:30am Individual Visit  
9:45am Bus Outing Balmoral  
10am Exercises  
11am Sing Along  
11am Gym Waterford  
1:30pm Quiet Time  
2pm Hand Pamper with Tranquil Music  
2pm Sip and Paint with Lorna L4

**7**  
Aged Care Employee Day  
Thanks for caring  
9:30am Individual Visits  
10am Exercises  
11am Quiz  
11am Gym Windsor  
1:30pm Quiet Time  
2pm Cooking

**8**  
9:30am Individual Visits  
10am Fun Exercises  
11am Bingo  
1:30pm Quiet Time  
1:45pm Rosie's Sing Along L4

**9**  
10:15am Tea & Talk  
11am Yoga Stretch & Music  
1:30pm Quiet Time  
2pm Quiz / Whiteboard Games  
3pm Sing it Out

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



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# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	<b>12</b> Library Books 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 10:50am Global Quiz (by Invitation) Banquet Room 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Documentary 2pm Social Sewing & Knitting with Bindu & Irma L4	<b>13</b> Bus Outing 9:30am Individual Visits 9:45am Bus Outing Windsor 10am Exercises 11am Catholic Communion Service L4 11am Sing Along 11am Gym Waterford 1:30pm Quiet Time 2pm Hand Waxing - Tranquil Music 2pm Jazz with Barney - Banquet Room	<b>14</b> 9:30am Individual Visits 10am Exercises 11am Quiz 11am Gym Windsor 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Board or Floor Game	<b>15</b> 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Matt Price L4	<b>16</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>17</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:1 Walk/Chat
<b>18</b> 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	<b>19</b> 9:30am Individual Visits 10am Exercises 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Music Appreciation	<b>20</b> Bus Outing 9:30am Individual Visits 9:45am Bus Outing Kensington 10am Exercises 11am Gym Waterford 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music	<b>21</b> 9:30am Individual Visits 10am Exercises 10:50am Ballet4 WellingBeing L4 11am Maths Quiz 11am Gym Windsor 1:30pm Quiet Time 2pm Gardening 2pm Art and Craft with Jody L4	<b>22</b> 9:30am Individual Visits 10am Fun Exercises 11am Greek Orthodox Service L4 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Terry L4	<b>23</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>24</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:1 Walk/Chat
<b>25</b> 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	<b>26</b> 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 11am Gym Balmoral 12pm Bloses by Invitation L2 1:30pm Quiet Time 2pm Movie & Ice-Cream 2pm Social Sewing & Knitting with Bindu & Irma L4	<b>27</b> Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Resident Meeting L4 11am Sing Along 11am Gym Waterford 1:30pm Quiet Time 2pm Hand Waxing with Tranquil Music	<b>28</b> 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game	<b>29</b> Birthdays 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthdays with Derek Tabaris	<b>30</b> 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	<b>31</b> 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/I:1 Walk/Chat