



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

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 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

3
10:15am Fun Exercises
11:30am Songs of Praise
1:30pm Quiet Time
1:45pm Movie
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music

4
9:30am Individual Visits
10am Exercises
11am Quiz
1:30pm Quiet Time
2pm Bingo
3:30pm Dance It Out

5
9:30am Individual Visits
10am Exercises
11am Art and Craft
10:45am Anglican Service L4
1:30pm Quiet Time
2pm Floor Game
3:30pm Dance It Out

6
9:30am Individual Visit
10am Exercises
11am Sing Along
11am Gym Waterford
1:30pm Quiet Time
2pm Hand Pamper with Tranquil Music
3:30pm Dance It Out

7
Aged Care Employee Day
Thanks for caring
9:30am Individual Visits
10am Exercises
11am Sensory Activity
1:30pm Quiet Time
2pm Gross Motor Activity
3:30pm Dance It Out

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 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

10
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



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AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	12 Library Books 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	13 9:30am Individual Visits 10am Exercises 11am Catholic Communion Service L4 11am Sing Along 11am Gym Waterford 1:30pm Quiet Time 2pm Sip and Paint with Lorna 3:30pm Dance It Out	14 9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance It Out	15 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's with Matt Price L4	16 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	17 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Activity 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music
18 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	19 9:30am Individual Visits 10am Exercises 11am Art and Craft 1:30pm Quiet Time 2pm Music 2pm Appreciation 2pm Floor Game (Bowling) 3:30pm Dance It Out	20 9:30am Individual Visits 10am Exercises 11am Sing Along 11am Gym Waterford 1:30pm Quiet Time 2pm Board Game/ Hand Pamper 3:30pm Dance It Out	21 9:30am Individual Visits 10am Exercises 10:50am Ballet4 WellingBeing L4 11am Reminiscing 1:30pm Quiet Time 2pm Art and Craft with Jody L4 2pm Woodwork & Pipe Work 3:30pm Dance It Out	22 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	23 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	24 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
25 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am French Class with Sylvia 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	26 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Floor Game 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	27 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Sing Along 11am Resident Meeting L4 11am Gym Waterford 1:30pm Quiet Time 2pm Gardening 3:30pm Dance It Out	28 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance It Out	29 Birthdays 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthdays with Derek Tabaris	30 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	31 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music