



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

SEPTEMBER

Happy Father's Day



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

9:30am Individual Visits
10am Exercises
11am Quiz / Walk
1pm **Italian Club by Invitation L3**
1:30pm Quiet Time
2pm Bingo
3:30pm Dance It Out

2

9:30am Individual Visits
10am Exercises
10:45am **Anglican Service L4**
11am **Art and Craft for Father's Day**
1:30pm Quiet Time
2pm **John Farnham The Greatest Hits Live - Throughout the Years**
3:30pm Dance It Out

3

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

4

9:30am Individual Visits
10am Exercises
11am **Dad's Jokes**
1:30pm Quiet Time
2pm **Gardening**
3:30pm Dance It Out

5

9:30am Individual Visits
10am Fun Exercises/ Walks
11am Bingo
11am **Gym Balmoral**
1:30pm Quiet Time
1:45pm **Father's Day Celebration at Rosie's L4**

6

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

7

Father's Day

10am **Schubert: Symphony in C "Major the Great"/Munich Philharmonic Orchestra**
1:30pm Quiet Time
2pm **Floor Games/Darts**
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/I:I Walks/Chats/ Tranquil Music

8

9:30am Individual Visits
10am Exercises
11am Quiz / Walk
1pm **Italian Club by Invitation L3**
1:30pm Quiet Time
2pm Bingo
3:30pm Dance It Out

9

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

10

9:30am Individual Visits
10am Exercises
11am **Catholic Eucharist Mass Service L4**
11am Sing Along
11am **Gym Waterford**
1:30pm Quiet Time
2pm **Sip and Paint with Lorna**
3:30pm Dance It Out

11

9:30am Individual Visits
10am Exercises
11am Quiz
1:30pm Quiet Time
2pm Board or Floor Game
3:30pm Dance It Out

12

9:30am Individual Visits
10am Fun Exercises / Walks
11am Bingo
1:30pm Quiet Time
1:45pm **Rosie's with Derek Tabaris L4**

13

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

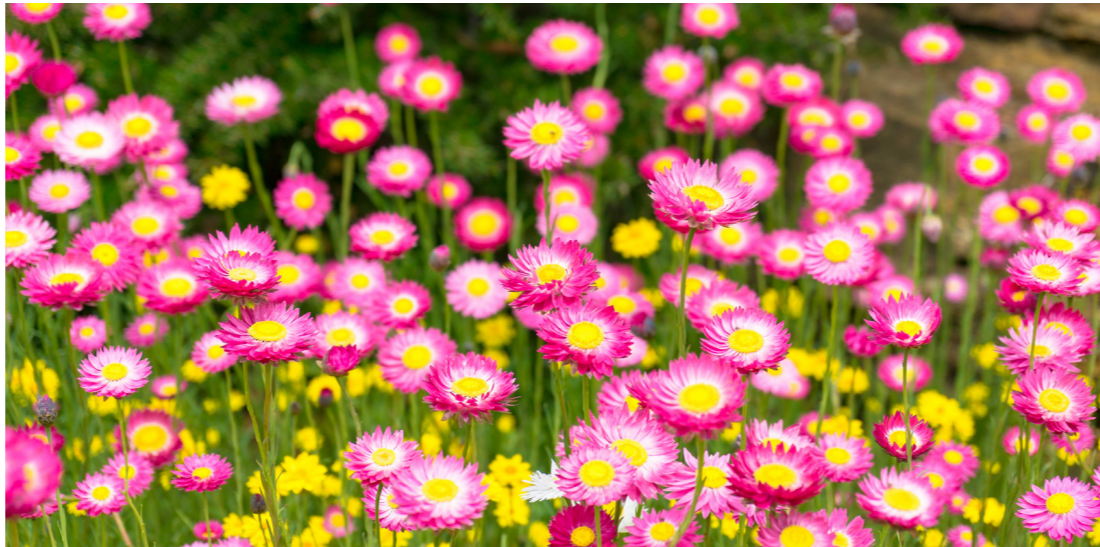
14

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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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 9:30am Individual Visits 10am Exercises 11am Music Quiz or Walk 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	16 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft 1:30pm Quiet Time 2pm Floor Game 2pm Food Focus Meeting L4 3:30pm Dance It Out	17 9:30am Individual Visits 10am Exercises 11am Sing Along 1:30pm Quiet Time 2pm Board Game / Hand Pamper 3:30pm Dance It Out	18 9:30am Individual Visits 10am Exercises 11am Word Finds 10:50am Ballet4 WellingBeing L4 1:30pm Quiet Time 2pm Gross Motor Activity 2pm Art and Craft with Jody L4 3:30pm Dance It Out	19 9:30am Individual Visits 10am Fun Exercises / Walks 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Rosie's with Tony Italiano L4	20 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	21 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
22 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	23 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft 1:30pm Quiet Time 2pm Floor Games (Bowling) 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	24 Bus Outing 9:30am Individual Visits 10am Exercises 11am Gym Waterford Resident Meeting L4 11am Sing Along 1:30pm Quiet Time 2pm Board Games / Hand Pamper 3:30pm Dance It Out	25 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Gross Motor Activities 3:30pm Dance It Out	26 King's Birthday 9:30am Individual Visits 10am Fun Exercises / Walks 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthdays	27 10:15am Tea & Talk 11am Exercise Group 1:30pm Quiet Time 2:30pm AFL Grand Final on TV 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music	28 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
29 9:30am Individual Visits 10am Exercises 11am Quiz or Walk 11am Speaking French with Sylvia 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	30 9:30am Individual Visits 10am Exercises 11am Art and Craft 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance It Out					<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.