



2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

OCTOBER



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 **Outing**
International Day of Older People

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

2

9:30am Individual Visits
10am Exercises
11am Word Quiz
11am Gym Windsor
1:30pm Quiet Time
2pm Advocare Meeting L4
2pm Gardening

3

9:30am Individual Visits
10am Fun Exercises
11am Bingo
1:30pm Quiet Time
1:45pm Rosie's with Peter Benham L4



4

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

5

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

6

9:30am Individual Visits
10am Exercises
10:30am Discussion Group by Invitation
11am Quiz/Walk
11am Gym Kensington
11:30am Squires - Banquet Room by Invitation
1pm Italian Club by Invitation L3
1:30pm Quiet Time
2pm Bingo

7

9:30am Individual Visits
10am Exercises
11am Art and Craft
11am Global Quiz (by Invitation)
11am Banquet Room
11am Gym Balmoral
1:30pm Quiet Time
2pm Movie & Ice-Cream: The Secret Path 1999/A moving story of friendship and transformation
2pm Social Sewing & Knitting with Bindu & Irma L4

8

9:30am Individual Visits
10am Exercises
11am Sing Along
11am Catholic Eucharist Mass Service L4
11am Gym Waterford
1:30pm Quiet Time
2pm Hand Waxing - Tranquil Music

9

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

10

9:30am Individual Visits
10am Fun Exercises
11am Bingo
1:30pm Quiet Time
1:45pm Rosie's with Suzie L4

11

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

12

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



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OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz or Walk 11:30am Footy tipping competition results - by Invitation L4 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	14 9:30am Individual Visits 10am Exercises 10:45am Anglican Service L4 10:50am Yoga 11am Gym Balmoral 11am Art and Craft 1:30pm Quiet Time 2pm Mozart-History's Greatest Child Prodigy Documentary	15 Bus Outing 9:30am Individual Visits 9:45am Bus Outing Windsor 10am Exercises 11am Gym Waterford 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music	16 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Windsor 10:50am Ballet4 WellingBeing L4 1:30pm Quiet Time 2pm Armchair Travel to Germany and Austria 2pm Art and Craft with Jody L4	17 Oktoberfest 9:30am Individual Visits 10am Fun Exercises 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Oktoberfest celebration at Rosie's L4	18 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	19 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/!l Walk/Chat
20 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz or Walk 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	21 9:30am Individual Visits 10am Exercises 11am Art and Craft 11am Gym Balmoral 1:30pm Quiet Time 2pm Nana Mouskouri: The White Rose of Athens (BBC Doc.) 2pm Social Sewing & Knitting with Bindu & Irma L4	22 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 Waxing with Tranquil Music	23 9:30am Individual Visits 10am Exercises 11am Maths Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Board or Floor Game	24 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Sing Along at Rosie's L4	25 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	26 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/!l Walk/Chat
27 Grandparent's Day 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz or Walk 11am Speaking French with Sylvia 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	28 Library Books 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft for Melbourne Cup 11am Gym Balmoral 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Movie & Ice-Cream: Good Will Hunting	29 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Gym Waterford 11am Resident Meeting L4 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper with Tranquil Music	30 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game	31 9:30am Individual Visits 10am Fun Exercises 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthdays	<h2>Happy Grandparents Day</h2>	