



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

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 **Bus Outing**

International Day of Older People

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

2

9:30am Individual Visits
10am Exercises
11am Word Quiz/Walk
1:30pm Quiet Time
2pm **Advocare Meeting L4**
2pm Board or Floor Game
3:30pm Dance It Out

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 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

5

10:15am Fun Exercises
11:30am Songs of Praise
1:30pm Quiet Time
2pm **Movie & Ice-Cream: Bay Day Out - Full Movie**
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music

6

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

7

9:30am Individual Visits
10am Exercises
11am Art and Craft
1:30pm Quiet Time
2pm Floor Game
2pm **Social Sewing & Knitting with Bindu & Irma L4**
3:30pm Dance It Out

8

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

9

9:30am Individual Visits
10am Exercises
11am Quiz/Walk
1:30pm Quiet Time
2pm **Gardening**
3:30pm Dance It Out

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 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

12

10:15am Fun Exercises
11:30am Songs of Praise
1:30pm Quiet Time
2pm Gross Motor Games
3pm Dance It Out
3:40pm Table Games
4:30pm Seated Yoga
5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music



2025 ACTIVITY CALENDAR • Waterford

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13 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	14 9:30am Individual Visits 10am Exercises 10:50am Yoga 10:45am Anglican Service L4 11am Art and Craft for Melbourne Cup 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance It Out	15 9:30am Individual Visits 10am Exercises 11am Gym Waterford 11am Sing Along 1:30pm Quiet Time 2pm Board Game/ Hand Pampers 3:30pm Dance It Out	16 9:30am Individual Visits 10am Exercises 11am Word Finds/Walk 10:50am Ballet4 WellingBeing L4 1:30pm Quiet Time 2pm Art and Craft with Jody L4 2pm Armchair Travel to Germany & Austria 3:30pm Dance It Out	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 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	19 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Our Nature Symphony of Life / Free Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music
20 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	21 9:30am Individual Visits 10am Exercises 11am Art and Craft for Melbourne Cup 1:30pm Quiet Time 2pm Floor Game (Bowling) 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	22 9:30am Individual Visits 10am Exercises 11am Gym Waterford 11am Sing Along (Chorus) 1:30pm Quiet Time 2pm Cooking 3:30pm Dance It Out	23 9:30am Individual Visits 10am Exercises 11am Reminiscing/ Walk 1:30pm Quiet Time 2pm Gross Motor Activities 3:30pm Dance It Out	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 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	26 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/ I:I Walks/Chats/ Tranquil Music
27 Grandparent's Day 9:30am Individual Visits 10am Exercises 11am Quiz / Walk 11am Speaking French with Sylvia 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	28 Library Books 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Art and Craft for Melbourne Cup 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Floor Game 3:30pm Dance It Out	29 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 Hand Pamper/ Board Games 3:30pm Dance It Out	30 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 1:30pm Quiet Time 2pm Board or Floor Game 3:30pm Dance It Out	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>	