



2025 ROSEWOOD ACTIVITY CALENDAR

Mainstream

NOVEMBER



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

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

2

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

3

9:30am Individual Visits
10am Exercises
10:30am Discussion Group by Invitation
11am Quiz / Walk
11am Gym Kensington
1:30pm Quiet Time
2pm Bingo

4

Melbourne Cup

11am Melbourne Cup Lunch Celebration day on Your Floor
2pm Movie & Ice-Cream: Phar Lap (1983)

5

9:30am Individual Visits
10am Exercises
11am Sing Along
11am Global Quiz by Invitation (Banquet Room)
11am Gym Waterford
1:30pm Quiet Time
2pm Hand Waxing - Tranquil Music

6

9:30am Individual Visits
10am Exercises
11am Quiz
11am Gym Windsor
1:30pm Quiet Time
1:30pm Phoenix (by invitation only)
2pm Board / Floor Game

7

9:30am Individual Visits
10:30am Morning Tea
11am Bingo
1:30pm Quiet Time
1:45pm Rosie's with Derek Tabaris L4

8

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

9

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz / Walk 11am Gym Kensington 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo	11 Remembrance Day 10am Remembrance Day on Your Floor 1:30pm Quiet Time 2pm Movie: Casablanca 	12 Bus Outing Catholic Service 9:30am Individual Visits 9:45am Bus Outing Balmoral and Windsor 10am Exercises 11am Gym Waterford 11am Catholic Eucharist Mass Service L4 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper - Tranquil Music	13 9:30am Individual Visits 10am Exercises 11am Reminiscing 11am Gym Windsor 1:30pm Quiet Time 2pm Gardening	14 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm Sing Along at Rosie's L4	15 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	16 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
17 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Quiz / Walk 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo	18 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft Decoration for Christmas 11am Gym Balmoral 1:30pm Quiet Time 2pm The Crocodile Hunter - The Steve Irwin Story 2pm Social Sewing & Knitting with Bindu & Irma L4	19 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	20 9:30am Individual Visits 10am Exercises 11am Maths Quiz/ Walk 11am Gym Windsor 11am Ballet4Wellbeing L4 1:30pm Quiet Time 1:30pm Phoenix (by invitation only) 2pm Sip and Paint	21 Orthodox Service 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Rosie's with Tony Italiano L4	22 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	23 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat
24 9:30am Individual Visits 10am Exercises 10:30am Discussion Group by Invitation 11am Speaking French with Sylvia 11am Gym Kensington 1:30pm Quiet Time 2pm Bingo	25 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 11am Gym Balmoral 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Elton John Story	26 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	27 9:30am Individual Visits 10am Exercises 11am Quiz/Walk 11am Gym Windsor 1:30pm Quiet Time 2pm Board or Floor Game 11am Art and Craft with Jody	28 Birthday Party 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Celebrating Birthdays L4 	29 10:15am Tea & Talk 11am Yoga Stretch & Music 1:30pm Quiet Time 2pm Quiz / Whiteboard Games 3pm Sing it Out	30 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Gross Motor Games 3pm Colouring In/! Walk/Chat