



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford

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 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

2
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

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

4 **Melbourne Cup**
No activities in the morning
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 **Gym Waterford**
1:30pm Quiet Time
2pm **Gardening**
3:30pm Dance It Out

6
9:30am Individual Visits
10am Exercises
11am Quiz / Walk
1:30pm Quiet Time
2pm Gross Motor Activity
3:30pm Dance It Out

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 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

9
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 9:30am Individual Visits 10am Exercises 11am Music Quiz/ Walk 1pm Italian Club by Invitation L3 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	11 Remembrance Day 10am Remembrance Day on Your Floor 1:30pm Quiet Time 2pm Bowling 3:30pm Dance It Out 	12 Catholic Service 9:30am Individual Visits 10am Exercises 11am Gym Waterford Catholic Eucharist 11am Sing Along 1:30pm Quiet Time 2pm Board Games / Hand Pampers 3:30pm Dance It Out	13 9:30am Individual Visits 10am Exercises 11am Word Finds/ Walk 1:30pm Quiet Time 2pm Gross Motor Activity 3:30pm Dance It Out	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 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	16 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Movie & Ice: Cream: Benji 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/I:I Walks/Chats/ Tranquil Music
17 9:30am Individual Visits 10am Exercises 11am Quiz / Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	18 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft Decoration for Christmas 1:30pm Quiet Time 2pm Floor Games 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	19 9:30am Individual Visits 10am Exercises 11am Gym Waterford 11am Sing Along 1:30pm Quiet Time 2pm Hand Pampers/ Waxing with Tranquil Music 3:30pm Dance It Out	20 9:30am Individual Visits 10am Exercises 11am Reminiscing/ Walk 11am Ballet4Wellbeing L4 1:30pm Quiet Time 2pm Sip and Paint 3:30pm Dance It Out	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 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	23 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
24 9:30am Individual Visits 10am Exercises 11am Speaking French with Sylvia 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	25 9:30am Individual Visits 10am Exercises 10:50am Yoga L4 12pm Blokes by Invitation L2 1:30pm Quiet Time 2pm Floor Games 3:30pm Dance It Out	26 Bus Outing 9:30am Individual Visits 9:45am Bus Outing - Waterford 10am Exercises 11am Gym Waterford Resident Meeting L4 11am Sing Along 1:30pm Quiet Time 2pm Hand Pampers/ Board Games 3:30pm Dance It Out	27 9:30am Individual Visits 10am Exercises 11am Word Quiz/ Walk 1:30pm Quiet Time 2pm Board or Floor Game 11am Art and Craft with Jody 3:30pm Dance It Out	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 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	30 10:15am Fun Exercises 11:30am Songs of Praise 1:30pm Quiet Time 2pm Kangaroo Valley 2022 Documentary 3pm Dance It Out 3:40pm Table Games 4:30pm Seated Yoga 5:30pm Colouring In/I:I Walks/Chats/ Tranquil Music