



2025 ROSEWOOD ACTIVITY CALENDAR

Waterford



DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 9:30am Deck the Halls/ Christmas Decorations on each floor with Christmas Music 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	2 9:30am Individual Visits 10am Exercises 10:45am Christmas Service L4 11am Art and Craft Decoration for Christmas 1:30pm Quiet Time 2pm Floor Games 3:30pm Dance It Out	3 9:30am Individual Visits 10am Exercises 11am Sing Along 11am Gym Waterford 1:30pm Quiet Time 2pm Hand Waxing - Tranquil Music / Board Games 3:30pm Dance It Out	4 9:30am Individual Visits 10am Exercises 11am Quiz 1:30pm Quiet Time 2pm Gross Motor Activity 3:30pm Dance It Out	5 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 1:30pm Quiet Time 1:45pm Rosie's Sing Along 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 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
8 9:30am Individual Visits 10am Exercises 11am Quiz / Walk 1:30pm Quiet Time 2pm Bingo 3:30pm Dance It Out	9 Library Books 9:30am Individual Visits 10am Exercises 11am Art and Craft Decoration for Christmas 10:50am Yoga L4 1:30pm Quiet Time 2pm Floor Games 2pm Social Sewing & Knitting with Bindu & Irma L4 3:30pm Dance It Out	10 Catholic Service 9:30am Individual Visits 10am Exercises 11am Gym Waterford 11am Catholic Eucharist Mass Service L4 11am Sing Along 1:30pm Quiet Time 2pm Hand Pamper - Tranquil Music / Board Game 3:30pm Dance It Out	11 9:30-11am Judging Deck the Doors 9:30am Individual Visits 10am Exercises 11am Reminiscing 1:30pm Quiet Time 2pm Gardening 3:30pm Dance It Out	12 Orthodox Service 9:30am Individual Visits 10:30am Morning Tea 11am Bingo 11am Greek Orthodox Service L4 1:30pm Quiet Time 1:45pm Rosies ~ Harry 1 Man Band 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 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

DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

15

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

16

9:30am Individual Visits
10am Exercises
11am Art and Craft
Decoration for Christmas
1:30pm Quiet Time
2pm **Movie & Ice-Cream:
The Christmas
Chronicles**
3:30pm Dance It Out

17

Christmas Party



18

9:30am Individual Visits
10am Exercises
11am Maths Quiz/
Walk
11am **Ballet4Wellbeing
L4**
11am **Resident Meeting L4**
1:30pm Quiet Time
2pm Floor Game/
Board Game
3:30pm Dance It Out

19

9:30am Individual Visits
10:30am Morning Tea
11am Bingo
1:30pm Quiet Time
1:45pm **Rosie's on Your
Floor**

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 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

22

9:30am Individual Visits
10am Exercises
11am **Speaking French
with Sylvia**
1:30pm Quiet Time
2pm Bingo
3:30pm Dance It Out

23

9:30am Individual Visits
10am Exercises
10:50am **Yoga L4**
1:30pm Quiet Time
2pm Floor Game/
Board Game
3:30pm Dance It Out

24

Christmas Eve

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

25

Christmas Day

8am **Assist Residents
to get ready for
Christmas Day**
10:30am Reminiscing
Sharing
Christmas
Experiences
12pm **Christmas Lunch**
1:30pm Quiet Time
2pm **Andre Rieu -
Christmas Down
Under (live in
Sydney)**
3:30pm Dance It Out

26

Boxing Day

9:30am Individual Visits
10:30am Morning Tea
11am Bingo
1:30pm Quiet Time
1:45pm **Rosie's on Your
Floor**

27

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

28

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

29

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

30

9:30am Individual Visits
10am Exercises
11am Painting
1:30pm Quiet Time
1:30pm **Bowling**
3:30pm Dance It Out

31

New Year's Eve

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



- 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.**