



January 2026

Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<div>1<div>New Year's Day</div></div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Quiz</div> <div>2:00pm Gross motor activity</div> <div>3:30pm Dance it out</div>	<div>2</div> <div>9:30am Individual visits</div> <div>10:30am Morning tea</div> <div>11:00am Bingo</div> <div>1.45pm Celebrating New Year's 2026 at Rosie's with Matt Price L4</div> <div></div> <div>2026 Party!</div>	<div>3</div> <div>10:15am Tea & talk</div> <div>11am Exercise group</div> <div>2pm Quiz/whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks/chats/ tranquil music</div>	<div>4</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Movie & ice-cream: A Boy called Christmas</div> <div>3pm Dance it out</div> <div>3:40pm Table games</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks/chats/ tranquil music</div>
<div>5</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>6</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Art and craft</div> <div>2:00pm Floor games Social sewing & knitting with Bindu & Irma L4</div> <div>3:30pm Dance it out</div>	<div>7</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Gym Waterford Sing-along</div> <div>2:00pm Hand pamper with music Board game</div> <div>3:30pm Dance it out</div>	<div>8</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Reminiscing</div> <div>2:00pm Cooking</div> <div>Food focus meeting L4</div> <div>3:30pm Dance it out</div>	<div>9</div> <div>9:30am Individual visits</div> <div>10:30am Morning tea</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's sing along on L4</div>	<div>10</div> <div>10:15am Tea & talk</div> <div>11am Exercise group</div> <div>2pm Quiz/whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks/chats/ tranquil music</div>	<div>11</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Gross motor games</div> <div>3pm Dance it out</div> <div>3:40pm Table games</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks/chats/ tranquil music</div>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>12</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Word quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>13</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>10:50am Yoga L4</div> <div>11:00am Art and craft Australia Day</div> <div>2:00pm Floor game (bowling)</div> <div>3:30pm Dance it out</div>	<div>14</div> <div>Bus Outing</div> <div>9:30am Individual visits</div> <div>9:15am Morning tea bus Waterford</div> <div>10:00am Exercises</div> <div>11:00am Gym Waterford / sing-along Catholic eucharist mass L4</div> <div>2:00pm Hand waxing/board game</div> <div>3:30pm Dance it out</div>	<div>15</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Maths quiz Ballet4wellbeing L4</div> <div>2:00pm Floor game / board game</div> <div>3:30pm Dance it out</div>	<div>16</div> <div>9:30am Individual visits</div> <div>10:30am Morning tea</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's on L4</div>	<div>17</div> <div>10:15am Tea & talk</div> <div>11am Exercise group</div> <div>2pm Quiz/whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated Yoga</div> <div>5:30pm Colouring in/1:1 walks/chats/ tranquil music</div>	<div>18</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Animals of Aust. Scenic Wildlife film</div> <div>3pm Dance it out</div> <div>3:40pm Table games</div> <div>4:30pm Seated Yoga</div> <div>5:30pm Colouring in/1:1 walks/chats/ tranquil music</div>
<div>19</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am French class with Sylvia Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>20</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:30am Blokes Waterford balcony</div> <div>2:00pm Social sewing & knitting with Bindu & Irma L4</div> <div>Floor game/board game</div> <div>3:30pm Dance it out</div>	<div>21</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Sing along Gym Waterford</div> <div>2:00pm Hand pamper with music</div> <div>Board games</div> <div>3:30pm Dance it out</div>	<div>22</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Quiz</div> <div>2:00pm Gross motor activity</div> <div>3:30pm Dance it out</div>	<div>23</div> <div>9:30am Individual visits</div> <div>10:30am Morning tea</div> <div>11:00am Bingo</div> <div>2:00pm Australia Day celebration with Terry at Rosie's on L4</div>	<div>24</div> <div>10:15am Tea & talk</div> <div>11am Exercise group</div> <div>2pm Quiz/whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated Yoga</div> <div>5:30pm Colouring in/1:1 walks/chats/ tranquil music</div>	<div>25</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Gross motor games</div> <div>3pm Dance it out</div> <div>3:40pm Table games</div> <div>4:30pm Seated Yoga</div> <div>5:30pm Colouring in/1:1 walks/chats/ tranquil music</div>
<div>26</div> <div>Australia Day</div> <div>9:30am Individual visits</div> <div>10:00am Australia Day games</div> <div>11:00am Australia Day quiz</div> <div>2:00pm Australia day bingo</div> <div>3:30pm Dance it out</div> <div></div>	<div>27</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>10:50am Yoga L4</div> <div>11:00am Painting / colouring in</div> <div>2:00pm Movie & ice-cream</div> <div>3:30pm Dance it out</div>	<div>28</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Sing-along</div> <div>2:00pm Hand pamper with music</div> <div>3:30pm Dance it out</div>	<div>29</div> <div>9:30am Individual visits</div> <div>10:00am Exercises</div> <div>11:00am Word quiz Residents meeting L4</div> <div>2:00pm Gross motor activity</div> <div>3:30pm Dance it out</div>	<div>30</div> <div>Birthday Party</div> <div>9:30am Individual visits</div> <div>10:30am Morning tea</div> <div>11:00am Bingo</div> <div>1.45pm Birthday party Rosie's L4</div> <div></div>	<div>31</div> <div>10:15am Tea & talk</div> <div>11am Exercise group</div> <div>2pm Quiz/whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated Yoga</div> <div>5:30pm Colouring in/1:1 walks/chats/ tranquil music</div>	