



January 2026

Waterford Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



1

New Year's Day

9:30am
Individual visits

10:00am
Exercises

11:00am
Quiz

2:00pm
Gross motor activity

3:30pm
Dance it out

2

9:30am
Individual visits

10:30am
Morning tea

11:00am
Bingo

1.45pm
Celebrating New Year's 2026 at Rosie's with Matt Price L4



3

10:15am
Tea & talk

11am
Exercise group

2pm
Quiz/whiteboard games

3pm
Dance it out

3:40pm
Beautiful hymns

4:30pm
Seated yoga

5:30pm
Colouring in/
1:1 walks/chats/
tranquil music

4

10:15am
Fun exercises

11:30am
Songs of praise

2pm
**Movie & ice-cream:
A Boy called Christmas**

3pm
Dance it out

3:40pm
Table games

4:30pm
Seated yoga

5:30pm
Colouring in/
1:1 walks/chats/
tranquil music

5

9:30am
Individual visits

10:00am
Exercises

11:00am
Quiz

2:00pm
Bingo

3:30pm
Dance it out

6

9:30am
Individual visits

10:00am
Exercises

11:00am
Art and craft

2:00pm
Floor games
Social sewing & knitting
with Bindu & Irma L4

3:30pm
Dance it out

7

9:30am
Individual visits

10:00am
Exercises

11:00am
Gym Waterford
Sing-along

2:00pm
Hand pamper with music
Board game

3:30pm
Dance it out

8

9:30am
Individual visits

10:00am
Exercises

11:00am
Reminiscing

2:00pm
Cooking
Food focus meeting L4

3:30pm
Dance it out

9

9:30am
Individual visits

10:30am
Morning tea

11:00am
Bingo

1.45pm
Rosie's sing along on L4

10

10:15am
Tea & talk

11am
Exercise group

2pm
Quiz/whiteboard games

3pm
Dance it out

3:40pm
Beautiful hymns

4:30pm
Seated yoga

5:30pm
Colouring in/
1:1 walks/chats/
tranquil music

11

10:15am
Fun exercises

11:30am
Songs of praise

2pm
Gross motor games

3pm
Dance it out

3:40pm
Table games

4:30pm
Seated yoga

5:30pm
Colouring in/
1:1 walks/chats/
tranquil music



January 2026

Waterford Activity Calendar

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