

# ANTHEM CARE ACTIVITIES CALENDAR

## March 2024



MONDAY 4 <sup>th</sup>	TUESDAY 5 <sup>th</sup>	WEDNESDAY 6 <sup>th</sup>	THURSDAY 7 <sup>th</sup>	FRIDAY 8 <sup>th</sup> International women's Day	SATURDAY 9 <sup>th</sup>	SUNDAY 10 <sup>th</sup>
<p><b>9.30 Armchair yoga</b> Lower Throsby</p> <p><b>10:30 Worship Group</b> Ascot Ground</p> <p><b>10.30 Morning with Maureen</b></p> 	<p><b>9:30 Armchair Travel</b> Screened Lower Throsby</p> <p><b>9.30 Movie Time</b> Ascot Ground</p> <p><b>10.30</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10.30 Scenic Bus trip</b></p> 	<p><b>9.30 Documentary</b> Ascot ground</p> <p><b>10.00 Men's Club</b></p> <p><b>10:30</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10.00 Mel Wiya Cultural Connections</b></p> 	<p>Throsby Building BBQ brunch.</p> 	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30 Drumming session</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors</p> <p><b>2.30 Mobile petting zoo</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30 Scenic Bus trip</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p> 	<p><b>2.00 Armchair Exercises</b></p> <p><b>2.30</b></p> 		<p>Check activities Boards or ask staff about weekend activities.</p> <p style="font-size: small;">Clip art images are licensed under CC BY-NC</p>

**COME ALONG AND JOIN IN THE ACTIVITES WITH YOUR LIFESTYLE TEAM**

Activity boards will be updated daily. Please note, activities may change from time to time due to unforeseen circumstances. Unfortunately, not all residents are suitable for each bus trip.

# ANTHEM CARE ACTIVITIES CALENDAR

## March 2024



MONDAY 11 <sup>th</sup> Ramadan	TUESDAY 12 <sup>th</sup>	WEDNESDAY 13 <sup>th</sup>	THURSDAY 14 <sup>th</sup>	FRIDAY 15 <sup>th</sup> Wear green	SATURDAY 16 <sup>th</sup>	SUNDAY 17 <sup>th</sup> St Patricks day
<p><b>9:30 Garden Walks</b> Self-Guided</p> <p><b>9.30 St Jude's Church service screening</b></p> <p><b>10:30 Morning with Maureen</b></p> 	<p><b>9:30 Armchair Yoga</b> Screened Ascot Ground</p> <p><b>9.30 Easter Market</b></p> 	<p><b>9:30 Walking Group</b> Self-Guided</p> <p><b>10.30 Whiteley college</b></p> 	<p><b>9.30 Documentary</b> Lower Throsby</p> <p><b>10.00 Men's Club</b></p> <p><b>10:30 Protestant Church Service</b> Screened Lower Throsby</p> <p><b>10:30 Meditation Group</b> Quiet Room</p> 	<p><b>9:30 Armchair Travel</b> Screened Lower Throsby</p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10.30 Morning with Maureen</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:00</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30 Movie Time</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30 Hangman Word Game</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:30 St Patrick's Day</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	







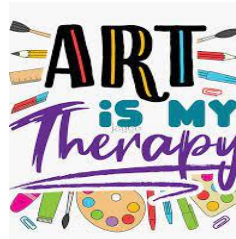





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## March 2024



MONDAY 18 <sup>th</sup> Seniors week	TUESDAY 19 <sup>th</sup> Wear gold	WEDNESDAY 20 <sup>th</sup>	THURSDAY 21 <sup>st</sup> Harmony Day wear orange	FRIDAY 22 <sup>nd</sup>	SATURDAY 23 <sup>rd</sup>	SUNDAY 24 <sup>th</sup>
<p><b>9.30 Armchair Yoga</b> – Screened</p> <p><b>10:30 Worship Group</b> Ascot Ground</p> <p><b>10.30 Mornings with Maureen</b></p> 	<p><b>9.30 Garden Walks</b> Self-Guided</p> <p><b>10.30 Golden Oldies High tea</b></p> 	<p><b>9:30 Documentary</b> Lower Throsby</p> <p><b>10.30 Scenic Bus trip</b></p> 	<p><b>9:30 Armchair Travel</b> Lower Throsby</p> <p><b>10:00 Men’s Club</b></p> <p><b>10:30</b></p> 	<p><b>9:30 Garden walks</b></p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10:30 Mornings with Maureen</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:30 Art Therapy</b> The green room</p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:30 Shay Byrne</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:30</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2:30 Ukes in the mist</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	













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# ANTHEM CARE ACTIVITIES CALENDAR

## March 2024



MONDAY 25 <sup>th</sup>	TUESDAY 26 <sup>th</sup>	WEDNESDAY 27 <sup>th</sup>	THURSDAY 28 <sup>th</sup>	FRIDAY 29 <sup>th</sup> Good Friday	SATURDAY 30 <sup>th</sup>	SUNDAY 31 <sup>st</sup> Easter Sunday
<p><b>9.30 Armchair Travel</b> Lower Throsby</p> <p><b>9.30 St Jude's Church service screening</b></p> <p><b>10.30 Mornings with Maureen</b></p> 	<p><b>9:30 Garden Walks</b> Meet on the veranda.</p> <p><b>9:30 Movie Time</b> Ascot Ground</p> <p><b>10:30</b></p> 	<p><b>9:30 Armchair Travel</b> Lower Throsby</p> <p><b>10.30 Documentary</b> Lower Throsby</p> <p><b>10.30 Easter Craft</b></p> 	<p><b>9:30 Armchair Yoga</b> Screened Ascot Ground</p> <p><b>10.00 Men's Club</b></p> <p><b>10:30 Protestant Church Service</b> Screened Lower Throsby</p> <p><b>10:30 Meditation Group</b> Quiet Room</p> 	<p><b>9.30 Garden walks</b></p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10.30 Easter Cafe</b></p>  <p><b>Pop-up Café</b></p>	<p>Check activities Boards or ask staff about weekend activities.</p>	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.00</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30 Honey Sippers</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p> 	<p><b>2.00 Armchair Exercises</b> Screened on all floors.</p> <p><b>2.30</b></p>  <p><b>MOVIE TIME</b></p>	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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