













ANTHEM CARE ACTIVITIES CALENDAR

APRIL 2024



MONDAY 1 st Easter Monday	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th	SATURDAY 6 th	SUNDAY 7 th
<p>9.30 Armchair yoga Lower Throsby</p> <p>10:30 Worship Group Ascot Ground</p> 	<p>9:30 Armchair Travel Screened Lower Throsby</p> <p>10.30</p> 	<p>9:30 Garden Walks</p> <p>10.30 Scenic Bus trip</p> 	<p>9.30 Documentary Ascot ground</p> <p>10.00 Men's Club</p> <p>10:30</p> 	<p>9:30 Garden Walks</p> <p>10:00 Catholic Mass Screening Ascot Ground</p> <p>10.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Movie time</p> 	<p>2.00 Armchair Exercises Screened on all floors</p> <p>2.30 Australian Choir</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Scenic Bus trip</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Green room gardening</p> 	<p>2.00 Armchair Exercises</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>  <p>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

APRIL 2024



MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th National pet day	FRIDAY 12 th Human Space flight day	SATURDAY 13 th	SUNDAY 14 th
<p>9:30 Garden Walks Self-Guided</p> <p>9.30 St Jude's Church service screening</p> <p>10:30 Morning with Maureen</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10.30 Residents meeting Ascot ground</p> 	<p>9:30 Walking Group Self-Guided</p> <p>10.30 Chinese tea with Sophia</p> 	<p>9.30 Documentary Lower Throsby</p> <p>10.00 Men's Club</p> <p>10:30 Meditation Group Quiet Room</p> <p>10.30 Ballroom Dancers</p> 	<p>9:30 Armchair Travel Screened Lower Throsby</p> <p>10:00 Catholic Mass Screening Ascot Ground</p> <p>10.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:00</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Lollie trolley</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Louise Bell Drumming session</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:30 Mocktails</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th	SATURDAY 20 th	SUNDAY 21 st
<p>9.30 Armchair Yoga – Screened</p> <p>10:30 Worship Group Ascot Ground</p> <p>10.30 Mornings with Maureen</p> 	<p>9.30 Garden Walks Self-Guided</p> <p>10.30 Screened concert Ascot Ground</p> <p>(Lifestyle meeting in progress)</p>	<p>9:30 Documentary Lower Throsby</p> <p>10.30 Scenic Bus trip</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10:30</p>  <p>11.00 Paul Leventhal acoustic guitar</p> 	<p>9:30 Garden walks</p> <p>10:00 Catholic Mass Screening Ascot Ground</p> <p>10:30 Mornings with Maureen</p>  <p>Pop-up Café</p>	<p>Check activities Boards or ask staff about weekend activities.</p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:30 Activities Focus Group</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Scenic Bus trip</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:30 Team Trivia</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2:30 Hippie happy hour</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	














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MONDAY 22 nd Earth day wear green	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th	SATURDAY 27 th	SUNDAY 28 th
<p>9.30 Armchair Travel Lower Throsby</p> <p>9.30 St Jude's Church service screening</p> <p>10.30 Mornings with Maureen</p> 	<p>9:30 Garden Walks Meet on the veranda.</p> <p>9:30 Movie Time Ascot Ground</p> <p>10:30</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10.30 Documentary Lower Throsby</p> <p>10.30 Chocolate wheel</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10:30 Documentary</p> 	<p>9.30 Garden walks</p> <p>10:00 Catholic Mass Screening Ascot Ground</p> <p>10.30</p>  <p>Pop-up Café</p>	<p>Ascot Building BBQ brunch</p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.00</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Mobile Petting Zoo</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30</p> 	<p>2.30 Anzac Day service in Hordern building.</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Merry Music Makers</p> 		<p>Check activities Boards or ask staff about weekend activities.</p>










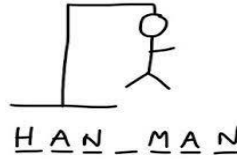


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ANTHEM CARE ACTIVITIES CALENDAR

APRIL 2024



MONDAY 29 th World dance day	TUESDAY 30 th	WEDNESDAY 1 st of MAY	THURSDAY 2 ND	FRIDAY 3 RD	SATURDAY 4 TH	SUNDAY 5 TH
<p>9.30 Armchair Travel Lower Throsby</p> <p>9.30 St Jude's Church service screening</p> <p>10.30 Mornings with Maureen</p> 	<p>9:30 Garden Walks Meet on the veranda.</p> <p>9:30 Movie Time Ascot Ground</p> <p>10:30</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10.30 Market stall</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10.00 Men's Club</p> <p>10:30 Protestant Church Service Screened Lower Throsby</p> <p>10.30</p> 	<p>9.30 Garden walks</p> <p>10:00 Catholic Mass Screening Ascot Ground</p> <p>10.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.00 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Autumn BBQ</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Scenic Bus trip</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30 Hangman word games</p> 	<p>2.00 Armchair Exercises Screened on all floors.</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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