

ANTHEM CARE ACTIVITIES CALENDAR

MAY 2024



MONDAY 6 th	TUESDAY 7 th	WEDNESDAY 8 th World laughter day	THURSDAY 9 th	FRIDAY 10 th International nurses' day	SATURDAY 11 th	SUNDAY 12 th Mother's day
<p>9.30 Armchair yoga Lower Throsby</p> <p>10:30 Worship Group Ascot Ground</p> <p>10.30 Morning with Maureen</p> 	<p>9:30 Armchair Travel Screened Lower Throsby</p> <p>10.30</p> 	<p>Wear crazy colours!</p> <p>9:30 Garden Walks</p> <p>10.30 Hilarious Morning tea</p> 	<p>9.30 Documentary Ascot ground</p> <p>10.00 Men's Club</p> <p>10:30 Meditation Group Quiet Room</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 Throsby lower with Lisa</p> <p>2.00</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Green Room Gardening</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Lucille Ball Movie Time (choc top ice cream)</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Louise Bell Drumming Session</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</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.

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MAY 2024



MONDAY 13 th	TUESDAY 14 th	WEDNESDAY 15 th	THURSDAY 16 th	FRIDAY 17 th	SATURDAY 18 th	SUNDAY 19 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 Screened Concert Ascot Ground</p> <p>(Lifestyle meeting in progress)</p>	<p>9:30 Walking Group Self-Guided</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Documentary Lower Throsby</p> <p>10.00 Men's Club</p> <p>10:30</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 Throsby lower with Lisa</p> <p>2:30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Louise Bell Harpist</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2:30 Mocktails</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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MONDAY 20 th World bee day	TUESDAY 21 st	WEDNESDAY 22 nd	THURSDAY 23 rd World turtle	FRIDAY 24 th	SATURDAY 25 th	SUNDAY 26 th
<p>Wear yellow!</p> <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</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10.00 Men’s Club</p> <p>10:30 Meditation Group Quiet Room</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 Throsby lower with Lisa</p> <p>2:00</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2:30</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2:30 Team Trivia</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2:30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	







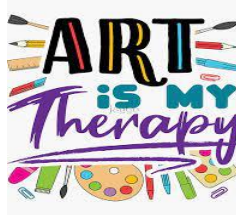





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ANTHEM CARE ACTIVITIES CALENDAR

MAY 2024



MONDAY 27 th	TUESDAY 28 th National burger day	WEDNESDAY 29 th	THURSDAY 30 th	FRIDAY 31 st	SATURDAY 1 st June	SUNDAY 2 nd
<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 Scenic Bus Trip</p> 	<p>9:30 Armchair Yoga Screened 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 Throsby lower with Lisa</p> <p>2.30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Burger BBQ</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Crafty Coner</p> 	<p>2.00 Armchair Exercises Throsby lower with Lisa</p> <p>2.30 Merry Music Makers</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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