



ANTHEM CARE ACTIVITIES CALENDAR

JUNE 2024



MONDAY 3 RD Pie time southern highlands	TUESDAY 4 TH National cheese day Wear Yellow	WEDNESDAY 5 TH World Environment Day Wear green	THURSDAY 6 TH	FRIDAY 7 TH	SATURDAY 8 TH	SUNDAY 9 TH
<p>9.30 Armchair yoga Lower Throsby</p> <p>10:30 Worship Group Ascot Ground</p> 	<p>9:30 Armchair Travel</p> <p>Screened Lower Throsby</p> <p>10.30</p> 	<p>9:30 Garden Walks</p> <p>10.30 Cosey Crumpet Morning Tea</p> 	<p>9.30 Documentary Ascot ground</p> <p>10.00</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 Donut Day</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</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Green Room Gardening with Garth</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Planting winter veggies</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Team Trivia</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Honey sippers</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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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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JUNE 2024



MONDAY 10 th	TUESDAY 11 th Wear Purple	WEDNESDAY 12 th	THURSDAY 13 th	FRIDAY 14 th	SATURDAY 15 th	SUNDAY 16 th
<p>9:30 Garden Walks Self-Guided</p> <p>9.30 St Jude's Church Service Screening</p> <p>30 Art Therapy The green room</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</p> <p>B I N G O</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Documentary Lower Throsby</p> <p>10.00 Men's Group</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 vegemite day</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</p> <p>2:30 Movie Time</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 King Charles Birthday Afternoon Tea</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Winter Warmers</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2:30 Maureen and Bruce</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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MONDAY 17 th	TUESDAY 18 TH International Picnic Day	WEDNESDAY 19 TH	THURSDAY 20 TH	FRIDAY 21 ST	SATURDAY 22 nd	SUNDAY 23 rd
<p>9.30 Armchair Yoga – Screened</p> <p>10:30 Worship Group Ascot Ground</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 Group</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>Check activities Boards or ask staff about weekend activities.</p>	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Armchair Exercises Throsby lower</p> <p>2:00</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2:30 Winter Warmers</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2:30</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2:30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>













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MONDAY 24 th	TUESDAY 25 th Globe Beatles Day	WEDNESDAY 26 th	THURSDAY 27 th	FRIDAY 28 th	SATURDAY 29 th	SUNDAY 30 th
<p>9.30 Armchair Travel Lower Throsby</p> <p>9.30 St Jude's Church Service Screening</p> 	<p>9:30 Garden Walks</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 Group</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</p> <p>2.30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Vintage Records</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Crafty Corner</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Australian Choir</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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