













ANTHEM CARE ACTIVITIES CALENDAR

JULY 2024



MONDAY 1 ST	TUESDAY 2 ND	WEDNESDAY 3 RD	THURSDAY 4 TH Wear American colours	FRIDAY 5 TH	SATURDAY 6 TH	SUNDAY 7 TH
<p>9.30 Armchair yoga Lower Throsby</p> <p>10.30 St Jude's Church Service Screening</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 Tactile Guessing Game with Emma</p> 	<p>9.30 Documentary Ascot ground</p> <p>10:30 Meditation Group Quiet Room</p> <p>10.30 American Morning Tea</p> 	<p>9:30 Garden Walks</p> <p>10.30 World Chocolate Day Ascot ground</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 Ascot 1st floor</p> <p>2.30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Louise Bell Harpist</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</p> <p>2.30 Team Trivia</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 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.

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JULY 2024



MONDAY 8 TH	TUESDAY 9 TH	WEDNESDAY 10 TH	THURSDAY 11 TH	FRIDAY 12 TH Wear French	SATURDAY 13 TH	SUNDAY 14 TH
<p>9:30 Garden Walks Self-Guided</p> <p>10.30 Worship Group Ascot Ground</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10.30 Resident Meeting Ascot Ground</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>10:30</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</p> <p>2:30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</p> <p>2.30 Irish Dancers</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</p> <p>2.30 Winter Warmer</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 French Themed Happy Hour</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 St Jude's Church Service Screening</p> 	<p>9.30 Garden Walks Self-Guided</p> <p>10.30</p> 	<p>9:30 Documentary Lower Throsby</p> <p>9.30 (Lifestyle meeting in progress)</p> <p>10.30 Movie Time</p> 	<p>9:30 Armchair Travel Lower Throsby</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</p> <p>2:00</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</p> <p>2:30 Greg Dimmock live In Concert</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</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> 	













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MONDAY 22 ND	TUESDAY 23 RD Wear white	WEDNESDAY 24 TH	THURSDAY 25 TH Wear Christmas	FRIDAY 26 TH Cowboy day	SATURDAY 27 TH	SUNDAY 28 TH
<p>9.30 Armchair Travel Lower Throsby</p> <p>10.30 Worship Group Ascot Ground</p> <p>10.30 Lamington Day Morning Tea</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>10.30</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 Ascot 1st floor</p> <p>2.30 Snowflake Festival</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises Ascot 1st floor</p> <p>2.30 Christmas in July Afternoon Tea</p> 	<p>2.00 Armchair Exercises Throsby lower</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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