









ANTHEM CARE ACTIVITIES CALENDAR

AUGUST 2024



MONDAY 29 TH	TUESDAY 30 TH	WEDNESDAY 31 ST	THURSDAY 1 ST Horses Birthday Wattle Day	FRIDAY 2 ND	SATURDAY 3 RD	SUNDAY 4 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</p> 	<p>9.30 Documentary Ascot ground</p> <p>10:30 Meditation Group Quiet Room</p> 	<p>9:30 Garden Walks</p> <p>10.30</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</p> <p>2.30</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Anthem Olympics</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Team Trivia</p> 	<p>2.00 Armchair Exercises</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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COME ALONG AND JOIN IN THE ACTIVITES WITH YOUR LIFESTYLE TEAM

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AUGUST 2024



MONDAY 5 TH	TUESDAY 6 TH	WEDNESDAY 7 TH Aged Care Employee Day	THURSDAY 8 TH	FRIDAY 9 TH	SATURDAY 10 TH	SUNDAY 11 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</p> 	<p>9:30 Walking Group Self-Guided</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Documentary Lower Throsby</p> <p>10:30</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</p> <p>2:30 Ball Games with Lisa</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Mobile Petting Zoo</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Short Stories with Amanda</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Maureen and Bruce</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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MONDAY 12 TH	TUESDAY 13 TH Left Handers Day	WEDNESDAY 14 TH	THURSDAY 15 TH	FRIDAY 16 TH	SATURDAY 17 TH	SUNDAY 18 TH
<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 Whiteley college</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 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</p> <p>2:00</p> 	<p>2.00 Armchair Exercises</p> <p>2:30 Brain Training</p> 	<p>2.00 Armchair Exercises</p> <p>2.30</p> 	<p>2.00 Armchair Exercises</p> <p>2:30</p> 	<p>2.00 Armchair Exercises</p> <p>2:30 Shay Byrne</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	













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AUGUST 2024



MONDAY 19 TH Book Week	TUESDAY 20 TH	WEDNESDAY 21 ST	THURSDAY 22 ND	FRIDAY 23 RD	SATURDAY 24 TH	SUNDAY 25 TH
<p>9.30 Armchair Travel Lower Throsby</p> <p>10.30 Worship Group Ascot Ground</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</p> <p>2.30 Winter Warmers</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Louise Bell</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 </p>	<p>Check activities Boards or ask staff about weekend activities.</p> 	













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MONDAY 26 TH Daffodil Day	TUESDAY 27 TH	WEDNESDAY 28 TH	THURSDAY 29 TH	FRIDAY 30 TH	SATURDAY 31 ST	SUNDAY 1 ST SEPTEMBER
<p>9.30 Armchair Travel Lower Throsby</p> <p>10.30 St Jude's Church Service Screening</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 Twitching</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</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</p> <p>2.30 Art Therapy The green room</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Fire side Poetry with Lisa</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 BBQ</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Lollie Trolley</p> 	<p>2.00 Armchair Exercises</p> <p>2.30 Goodbye Winter</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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