

ANTHEM CARE ACTIVITIES CALENDAR

SEPTEMBER 2024



MONDAY 2 ND	TUESDAY 3 RD	WEDNESDAY 4 TH	THURSDAY 5 TH	FRIDAY 6 TH Wear green and gold	SATURDAY 7 TH	SUNDAY 8 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>10.30</p> 	<p>9:30 Garden Walks</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Documentary Ascot ground</p> <p>10:30</p> 	<p>9:30 Garden Walks</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 Falls Prevention Program</p> <p>2.30 CD Art with Emma</p> 	<p>1.30 Movie time</p> <p>2.30 Walking Challenge</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30 Classical Guitarist Paul Leventhal</p> 	<p>1.30 Movie Time</p> <p>2.30 Merry Music Makers</p> 	<p>2.30 Anthem Olympics</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

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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MONDAY 9 TH	TUESDAY 10 TH	WEDNESDAY 11 TH	THURSDAY 12 TH R U OK Day? Wear yellow	FRIDAY 13 TH	SATURDAY 14 TH	SUNDAY 15 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 Local Council Election Onsite Voting</p> 	<p>9:30 Walking Group Self-Guided</p> <p>9.30 (Lifestyle meeting in progress)</p> <p>10.30 Movie Time</p> 	<p>9.30 Documentary Lower Throsby</p> <p>10:30 Meditation Group Quiet Room</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 Falls Prevention Program</p> <p>2:30 Art Therapy The green room</p> 	<p>1.30 Movie Time</p> <p>2.30</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30 Floral Design</p> 	<p>1.30 Movie Time</p> <p>2.30 Taste of Spring (Menu Taster)</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	


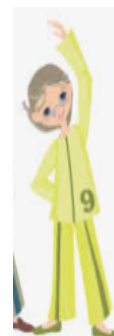


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MONDAY 16 TH	TUESDAY 17 TH	WEDNESDAY 18 TH	THURSDAY 19 TH	FRIDAY 20 TH Wear Blue World Maritime day	SATURDAY 21 ST	SUNDAY 22 ND
<p>9.30 Armchair Yoga Screened</p> <p>10:30 St Jude's Church Service Screening</p> 	<p>9.30 Garden Walks Self-Guided</p> <p>10.30</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30 Ukes in The Mist</p> 	<p>9:30 Armchair Travel 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 Falls Prevention Program</p> <p>2:00 Art Therapy The green room</p> 	<p>1.30 Movie Time</p> <p>2:30</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30 Springtime BBQ on the veranda</p> 	<p>1.30 Movie Time</p> <p>2:30 Mobile Petting Zoo</p> 	<p>2.00 Falls Prevention Program</p> <p>2:30 Blue Lagoon</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 23 RD	TUESDAY 24 TH	WEDNESDAY 25 TH	THURSDAY 26 TH	FRIDAY 27 TH	SATURDAY 28 TH	SUNDAY 29 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 Twitching 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</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 Falls Prevention Program</p> <p>2.30 Art Therapy The green room</p> 	<p>1.30 Movie Time</p> <p>2.30 Ice Cream Trolley</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30 Scenic Bus Trip</p> 	<p>1.30 Movie Time</p> <p>2.30</p> 	<p>2.00 Falls Prevention Program</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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