




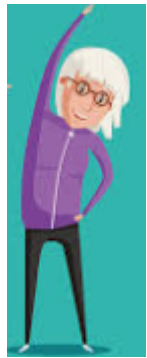








ANTHEM CARE ACTIVITIES CALENDAR

NOVEMBER 2024



MONDAY 4 TH Moevember	TUESDAY 5 TH Frock up	WEDNESDAY 6 TH	THURSDAY 7 TH	FRIDAY 8 TH	SATURDAY 9 TH	SUNDAY 10 TH
<p>9.30 Movie time</p> <p>10.30 Ladies Fascinator Morning tea</p> 	<p>9:30 Documentary Ascot ground</p> <p>10.30 Sweep stakes</p> 	<p>9:30 Garden Walks</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Armchair Travel Ascot ground</p> <p>10:30 Meditation Group Quiet Room</p> 	<p>9:30 Garden Walks</p> <p>10.30 Cappuccino Day</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</p> 	<p>2.30 Melbourne Cup</p> 	<p>2.30 Scenic Bus Trip</p> 	<p>2.30 Walking challenge</p> 	<p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>  <p><small>Clip art images are licensed under CC BY-NC</small></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.

ANTHEM CARE ACTIVITIES CALENDAR

NOVEMBER 2024



MONDAY 11 TH	TUESDAY 12 TH	WEDNESDAY 13 TH	THURSDAY 14 TH Pickle day wear green	FRIDAY 15 TH	SATURDAY 16 TH	SUNDAY 17 TH
<p>9:30 Movie Time</p> <p>10.30 Remembrance Day</p> 	<p>Lifestyle Meeting In Progress)</p> <p>10.30 Documentary</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Walking challenge</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>2:30 Art Therapy The green room</p> 	<p>2.00 Walking group</p> <p>2.30</p> 	<p>2.30 Garden Club</p> 	<p>2.30 Springtime BBQ</p> 	<p>2.00 Movie Time</p> <p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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NOVEMBER 2024



MONDAY 18 TH Mickey mouse day	TUESDAY 19 TH	WEDNESDAY 20 TH	THURSDAY 21 ST	FRIDAY 22 ND	SATURDAY 23 RD	SUNDAY 24 TH
<p>9.30 Armchair Yoga</p> <p>10:30 St Jude's Church Service Screening</p> 	<p>9.30 Garden Walks</p> <p>10.30</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30 Scenic Bus Trip</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>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 Walking Group</p> <p>2:00</p> 	<p>2:30 Anthem Archies</p> 	<p>1.00 Armchair Travel</p> <p>2.30 Scenic Bus Trip</p> 	<p>2:30 Twitching</p> 	<p>2.00 Movie Time</p> <p>2:30 Bong Bong Races</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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NOVEMBER 2024



MONDAY 25 TH	TUESDAY 26 TH	WEDNESDAY 27 TH	THURSDAY 28 TH	FRIDAY 29 TH	SATURDAY 30 TH	SUNDAY 1 ST December
<p>9.30 Armchair Travel Lower Throsby</p> <p>10.30 St Jude's Worship Group</p> 	<p>9:30 Garden Walks</p> <p>10:30</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10.30</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10.30</p> 	<p>9.30 Garden walks</p> <p>10.30 Special Delivery</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.30 Art Therapy The green room</p> 	<p>2.00 Walking Group</p> <p>2.30 Mobile Petting Zoo</p> 	<p>2.30 Singalong with Phillipa</p> 	<p>2.00 Documentary Lower Throsby</p> <p>2.30 Christmas tree Decorating</p> 	<p>2.00 Movie Time</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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