

# ANTHEM CARE ACTIVITIES CALENDAR

## OCTOBER 2024



MONDAY 30 <sup>th</sup>	TUESDAY 1 <sup>st</sup> October	WEDNESDAY 2 <sup>nd</sup>	THURSDAY 3 <sup>rd</sup>	FRIDAY 4 <sup>th</sup>	SATURDAY 5 <sup>th</sup>	SUNDAY 6 <sup>th</sup>
<p><b>9.30 Armchair yoga</b> Lower Throsby</p> <p><b>10.30 St Jude's Worship Group</b></p> 	<p><b>9:30 Documentary</b> Ascot ground</p> <p><b>9.45</b></p>  <p><b>11.00 Major Artwork Unveiling</b></p>	<p><b>9:30 Garden Walks</b></p> <p><b>10.30 Scenic Bus Trip</b></p> 	<p><b>9.30 Armchair Travel</b> Ascot ground</p> <p><b>10:30</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10.30 Armchair Yoga</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p>	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Art Therapy</b> The green room</p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Helen James</b> Singalong</p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Scenic Bus Trip</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Documentary</b></p> 	<p><b>2.00 Spring Fair</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>
					<p>Clip art images are licensed under CC BY-NC</p>	













**COME ALONG AND JOIN IN THE ACTIVITES WITH YOUR LIFESTYLE TEAM**

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# ANTHEM CARE ACTIVITIES CALENDAR

## OCTOBER 2024



MONDAY 7 <sup>TH</sup>	TUESDAY 8 <sup>TH</sup>	WEDNESDAY 9 <sup>TH</sup>	THURSDAY 10 <sup>TH</sup>	FRIDAY 11 <sup>TH</sup>	SATURDAY 12 <sup>TH</sup>	SUNDAY 13 <sup>TH</sup>
<p><b>9:30 Garden Walks</b> Self-Guided</p> <p><b>10.30 St Jude's Church Service</b> Screening</p> 	<p><b>9:30 Armchair Yoga</b> Screened Ascot Ground</p> <p><b>10.30 Residents Meeting</b></p> 	<p><b>9:30 Walking Group</b> Self-Guided</p> <p><b>10.30 Meditation Group</b> Quiet Room</p> 	<p><b>9.30 Documentary</b> Lower Throsby</p> <p><b>10:30 Step Savvy</b> Line Dancing</p> 	<p><b>9:30 Armchair Travel</b> Screened Lower Throsby</p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10.30</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2:30</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Art Therapy</b> The green room</p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Shay Byrne</b></p> 	<p><b>2.00 Movie Time</b></p> <p><b>2.30</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	













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## OCTOBER 2024



MONDAY 14 <sup>TH</sup>	TUESDAY 15 <sup>TH</sup>	WEDNESDAY 16 <sup>TH</sup>	THURSDAY 17 <sup>TH</sup>	FRIDAY 18 <sup>TH</sup>	SATURDAY 19 <sup>TH</sup>	SUNDAY 20 <sup>TH</sup>
<p><b>9.30 Armchair Yoga</b> Screened</p> <p><b>10:30 St Jude's Worship Group</b></p> 	<p><b>9.30 Garden Walks</b> Self-Guided</p> <p><b>10.30</b></p> 	<p><b>9:30 Documentary</b> Lower Throsby</p> <p><b>10.30 Movie Time</b></p> 	<p><b>9:30 Armchair Travel</b> Lower Throsby</p> <p><b>10:30</b></p> 	<p><b>9:30 Garden walks</b></p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10:30</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p>	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2:00 Art Therapy</b> The green room</p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2:30</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Garden Club</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2:30 Twitching</b></p> 	<p><b>2.00 Movie Time</b></p> <p><b>2:30 Australian Choir</b></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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# ANTHEM CARE ACTIVITIES CALENDAR

## OCTOBER 2024



MONDAY 21 <sup>ST</sup>	TUESDAY 22 <sup>ND</sup>	WEDNESDAY 23 <sup>RD</sup>	THURSDAY 24 <sup>TH</sup>	FRIDAY 25 <sup>TH</sup>	SATURDAY 26 <sup>TH</sup>	SUNDAY 27 <sup>TH</sup>
<p><b>9.30 Armchair Travel</b> Lower Throsby</p> <p><b>10.30 St Jude's Church Service</b> Screening</p> 	<p><b>9:30 Garden Walks</b> Meet on the veranda.</p> <p><b>9.30 (Lifestyle Meeting In Progress)</b></p> <p><b>10:30</b></p> 	<p><b>9:30 Armchair Travel</b> Lower Throsby</p> <p><b>10.30 Scenic Bus Trip</b></p> 	<p><b>9:30 Armchair Yoga</b> Screened Ascot Ground</p> <p><b>10.30 Meditation Group</b> Quiet Room</p> 	<p><b>9.30 Garden walks</b></p> <p><b>10.30 Dementia Awareness Moring Tea</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Louise Bell</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Scenic Bus Trip</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30</b></p> 	<p><b>2.00 Movie Time</b></p> <p><b>2.30</b></p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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# ANTHEM CARE ACTIVITIES CALENDAR

## OCTOBER 2024



MONDAY 28 <sup>th</sup>	TUESDAY 29 <sup>th</sup>	WEDNESDAY 30 <sup>th</sup>	THURSDAY 31 <sup>st</sup>	FRIDAY 1 <sup>st</sup>	SATURDAY 2 <sup>nd</sup>	SUNDAY 3 <sup>rd</sup>
<p><b>9.30 Armchair Yoga</b> Screened</p> <p><b>10.30 St Jude's Worship Group</b></p> 	<p><b>9:30 Garden Walks</b> Meet on the veranda.</p> <p>10:30</p> 	<p><b>9:30 Documentary</b> Lower Throsby</p> <p><b>10.30 Walking Challenge</b></p> 	<p>Wear something spooky</p> <p><b>9:30 Armchair Travel</b></p> <p>10.30</p> 	<p><b>9.30 Garden walks</b></p> <p><b>10:00 Catholic Mass Screening</b> Ascot Ground</p> <p><b>10.30</b></p>  <p><b>Pop-up Café</b></p>	<p><b>Check activities Boards or ask staff about weekend activities.</b></p> 	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Art Therapy</b> The green room</p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Mobile Petting Zoo</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Trivia</b></p> 	<p><b>2.00 Falls Prevention</b> Screening (Throsby)</p> <p><b>2.30 Halloween Happy Hour</b></p> 	<p><b>2.00 Movie Time</b></p> <p><b>2.30 Book Exchange</b></p> 	<p><b>Check activities Boards or ask staff about weekend activities.</b></p> 	

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