

ANTHEM CARE ACTIVITIES CALENDAR

JANUARY 2025



MONDAY 30 TH	TUESDAY 31 ST New years Eve	WEDNESDAY 1 ST 2025	THURSDAY 2 ND	FRIDAY 3 RD	SATURDAY 4 TH	SUNDAY 5 TH
<p>9.30 Movie time</p> <p>10.30 St Jude's Church Service Screening</p> 	<p>9:30 Documentary Ascot ground</p> <p>10.00</p> 	<p>9:30 Garden Walks</p> <p>10.30</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 Australia Vs India Cricket</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</p> 	<p>2.00 New Year's Eve Drinks</p> 	<p>2.30 Movie Time</p> 	<p>2.30 Art Therapy The Green Room</p> 	<p>2.30</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>  <p>Clip art images are licensed under CC BY-NC</p>	

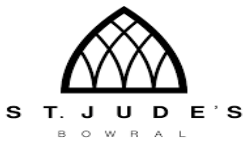











COME ALONG AND JOIN IN THE ACTIVITES WITH YOUR LIFESTYLE TEAM

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

JANUARY 2025



MONDAY 6 TH	TUESDAY 7 TH	WEDNESDAY 8 TH	THURSDAY 9 TH	FRIDAY 10 TH	SATURDAY 11 TH	SUNDAY 12 TH
<p>9:30 Movie Time</p> <p>10.30 St Jude's Worship Group</p> 	<p>9:30 Garden Walks</p> <p>Lifestyle Meeting In Progress)</p> <p>10.30 Documentary</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Scenic Bus Trip</p> 	<p>9:30 Garden Walks</p> <p>10:30 Twitching</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>	<p>Australian open starts today from 11am (Tennis)</p> 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2:30 Art Therapy The Green Room</p> 	<p>2.30</p> 	<p>2.30 Scenic Bus Trip</p> 	<p>2.00 Mobile Beauty Bar</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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JANUARY 2025















MONDAY 13 TH	TUESDAY 14 TH	WEDNESDAY 15 TH	THURSDAY 16 TH	FRIDAY 17 TH	SATURDAY 18 TH	SUNDAY 19 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 Resident Meeting</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30 Walking Challenge</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 Thelma and Louise Visits</p> 	<p>1.00 Armchair Travel</p> <p>2.30 BBQ</p> 	<p>2:30</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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ANTHEM CARE ACTIVITIES CALENDAR JANUARY 2025



MONDAY 20 TH	TUESDAY 21 ST	WEDNESDAY 22 ND	THURSDAY 23 RD	FRIDAY 24 TH	SATURDAY 25 TH	SUNDAY 26 TH
<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 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>	<p>Australia Day</p> 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.30 Art Therapy The Green Room</p> 	<p>2.30</p> 	<p>2.30 Scenic Bus Trip</p> 	<p>2.00 Documentary Lower Throsby</p> <p>2.30 Lollie trolley</p> 	<p>2.00 Movie Time</p> <p>2.30 Australia day</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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JANUARY 2025



MONDAY 27 th	TUESDAY 28 th	WEDNESDAY 29 th	THURSDAY 30 th	FRIDAY 31 st	SATURDAY 1 st February	SUNDAY 2 nd
<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 Garden Club</p> 	<p>9:30 Armchair Yoga Screened Ascot Ground</p> <p>10.00 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>2.30 Armchair Travel Around Australia</p> 	<p>2.30 Ice Cream Trolley</p> 	<p>2.30 Art Therapy The Green Room</p> 	<p>2.00 Documentary Lower Throsby</p> <p>2.30</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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