








ANTHEM CARE ACTIVITIES CALENDAR

AUGUST 2025



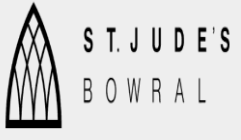










MONDAY 28 TH	TUESDAY 29 TH	WEDNESDAY 30 TH	THURSDAY 31 ST	FRIDAY 1 ST AUGUST Wattle Day	SATURDAY 2 ND	SUNDAY 3 RD
<p>9.30 Movie time Throsby Lower</p> <p>10.30 Morning Tea with Maureen</p> 	<p>9:30 Documentary Ascot ground</p> <p>10.30 Exercises with Mira Retford</p> <p>10.30 Resident Meeting Ascot ground</p> 	<p>9:30 Garden Walks</p> <p>10.30 Pin the Nose on the snowman</p> 	<p>9.30 Armchair Yoga Throsby upper</p> <p>10.30 Lollie Trolley</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 Garden Walks</p> <p>2.30 Hand Massages</p> 	<p>2.30</p> 	<p>2.30 Paws Ascot Building</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30 Louise Bell</p> 	<p>2.30 Horses Birthday</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	
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MONDAY 4 TH	TUESDAY 5 TH	WEDNESDAY 6 TH	THURSDAY 7 TH Aged Care Employee Day	FRIDAY 8 TH	SATURDAY 9 TH	SUNDAY 10 TH
<p>9:30 Movie Time Ascot First</p> <p>10.30 St Jude's Church Service Worship Group Ascot Ground</p> 	<p>9:30 Garden Walks</p> <p>10.30 Exercises with Mira Lower Throsby</p> 	<p>9:30 Armchair Yoga Screened Throsby Upper</p> <p>10.30 Scenic Bus Trip</p> 	<p>9:30 Documentary Ascot Ground</p> <p>10.30 Tai Chi Ascot Ground dining</p> 	<p>9:30 Armchair Travel Screened Lower Throsby</p> <p>10.30 Hayden Wiseman</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.00 Paws Throsby Building</p> 	<p>2.30</p> 	<p>2.30 Scenic Bus Trip</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30</p> 	<p>2.30 International Beer Day Happy Hour</p> 		<p>Check activities Boards or ask staff about weekend activities.</p>

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MONDAY 11 TH	TUESDAY 12 TH	WEDNESDAY 13 TH Left handers day	THURSDAY 14 TH	FRIDAY 15 TH	SATURDAY 16 TH	SUNDAY 17 TH
<p>9.30 Armchair Yoga screened Throsby upper</p> <p>10.30 Morning Tea with Maureen</p> 	<p>9.30 Garden Walks</p> <p>10.30 Exercises with Mira Lower Throsby</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30 Brain Training</p> 	<p>9:30 Armchair Travel Lower Throsby</p> <p>10:30 Canvas Painting Completion</p> 	<p>9:30 Garden walks</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>2.30 Canvas Painting</p> 	<p>2.30 BINGO</p> 	<p>2.30 Paws Ascot Building</p> 	<p>2.00 Meditation Ascot Quiet Room 2:30 TRIVIA</p> 	<p>2.30 Friday Happy Hour</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 18 TH Book Week	TUESDAY 19 TH Potato Day	WEDNESDAY 20 TH	THURSDAY 21 ST Daffodil Day Wear Yellow	FRIDAY 22 ND	SATURDAY 23 RD	SUNDAY 24 TH
<p>9.30 Documentary Lower Throsby</p> <p>10.30 St Jude's Church Service Worship Group Ascot Ground</p> 	<p>9:30 Garden Walks</p> <p>10:30 Exercises with Mira Lower Throsby</p> 	<p>9:30 Armchair Travel Ascot Ground</p> <p>10.30 Scenic Bus Trip</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Tia Chi Ascot Ground Dinning</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 Paws Pet Therapy</p> <p>2.30 Honey Sippers Concert</p> 	<p>2.30 Potato Trivia</p> 	<p>2.30 Scenic Bus Trip</p> 	<p>2.00 Meditation Ascot Quiet Room 2.30</p> 	<p>2.30 Shay Byrne Concert</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 25 TH	TUESDAY 26 TH	WEDNESDAY 27 TH	THURSDAY 28 TH	FRIDAY 29 TH	SATURDAY 30 TH	SUNDAY 31 ST
<p>9.30 Documentary Lower Throsby</p> <p>10.30 Morning Tea with Maureen</p> 	<p>9:30 Garden Walks</p> <p>10:30 Exercises with Mira Lower Throsby</p> 	<p>9:30 Armchair Travel Ascot Ground</p> <p>10.30 Poetry Reading</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Ball Games</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>2.30</p> 	<p>2.30</p> 	<p>2.30 Winter Warmers</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30 Singalong with Phillipa</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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