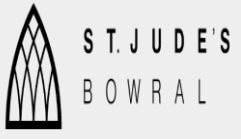













# ANTHEM CARE ACTIVITIES CALENDAR

## SEPTEMBER 2025















MONDAY 1 <sup>ST</sup>	TUESDAY 2 <sup>ND</sup>	WEDNESDAY 3 <sup>RD</sup>	THURSDAY 4 <sup>TH</sup>	FRIDAY 5 <sup>TH</sup>	SATURDAY 6 <sup>TH</sup>	SUNDAY 7 <sup>TH</sup> Fathers Day
<p><b>9.30 Movie time</b> Throsby Lower</p> <p><b>10.30 St Jude's Church Service Worship Group</b> Ascot Ground</p> 	<p><b>9:30 Documentary</b> Ascot ground</p> <p><b>10.30 Exercises with Mira</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10.30 Scenic Bus Trip</b></p> 	<p><b>9.30 Armchair Yoga</b> Throsby upper</p> <p><b>10.30 Tai Chi</b> Ascot Ground dining</p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10.30 Father's Day Morning Tea</b></p>  <p><b>Pop-up Café</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 Paws Throsby Building</b></p> 	<p><b>2.30</b></p> 	<p><b>2.30 Scenic Bus Trip</b></p> 	<p><b>2.00 Meditation</b> Ascot Quiet Room</p> <p><b>2.30 Word Games</b></p> 	<p><b>2.30</b></p> 	 <p>Clip art images are licensed under CC - NC</p>	<p>Check activities Boards or ask staff about weekend activities</p>

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

## SEPTEMBER 2025




MONDAY 8 <sup>TH</sup>	TUESDAY 9 <sup>TH</sup>	WEDNESDAY 10 <sup>TH</sup>	THURSDAY 11 <sup>TH</sup>	FRIDAY 12 <sup>TH</sup>	SATURDAY 13 <sup>TH</sup>	SUNDAY 14 <sup>TH</sup>
<p><b>9:30 Movie Time</b> Ascot First</p> <p><b>10.30 Morning Tea with Maureen</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10.00 Whiteley College</b></p> 	<p><b>9:30 Armchair Yoga</b> Screened Throsby Upper</p> <p><b>10.30 Card Making</b></p> 	<p><b>9:30 Documentary</b> Ascot Ground</p> <p><b>10.30 Lollie Trolley</b></p> 	<p><b>9:30 Armchair Travel</b> Screened Lower Throsby</p> <p><b>10.30</b></p>  <p><b>Pop-up Café</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>2.30 Art Group</b></p> 	<p><b>2.30</b></p> 	<p><b>2.30 Paws Pet Therapy</b> Retford</p> <p><b>2.30 Greg Dimmock</b></p> 	<p><b>2.00 Meditation</b> Ascot Quiet Room</p> <p><b>2.30 Ball Games</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

## SEPTEMBER 2025



MONDAY 15 <sup>TH</sup>	TUESDAY 16 <sup>TH</sup>	WEDNESDAY 17 <sup>TH</sup>	THURSDAY 18 <sup>TH</sup>	FRIDAY 19 <sup>TH</sup>	SATURDAY 20 <sup>TH</sup>	SUNDAY 21 <sup>ST</sup>
<p><b>9.30 Armchair Yoga</b> screened Throsby upper</p> <p><b>10.30 St Jude's Church Service Worship Group</b> Ascot Ground</p> 	<p><b>9.30 Garden Walks</b></p> <p><b>10.30 Exercises with Mira</b></p> 	<p><b>9:30 Documentary</b> Lower Throsby</p> <p><b>10.30 Scenic Bus Trip</b></p> 	<p><b>9:30 Armchair Travel</b> Lower Throsby</p> <p><b>10:30 Tai Chi</b> Ascot Ground dining</p> 	<p><b>9:30 Garden walks</b></p> <p><b>10:30</b></p>  <p><b>Pop-up Café</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 Paws Pet Therapy</b></p> 	<p><b>2.30</b></p> 	<p><b>2.30 Scenic Bus Trip</b></p> 	<p><b>2.00 Meditation</b> Ascot Quiet Room</p> <p><b>2:30</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

## SEPTEMBER 2025



MONDAY 22 <sup>ND</sup>	TUESDAY 23 <sup>RD</sup>	WEDNESDAY 24 <sup>TH</sup>	THURSDAY 25 <sup>TH</sup>	FRIDAY 26 <sup>TH</sup>	SATURDAY 27 <sup>TH</sup>	SUNDAY 28 <sup>TH</sup>
<p><b>9.30 Documentary</b> Lower Throsby</p> <p><b>10.30 Morning Tea with Maureen</b></p> 	<p><b>9:30 Garden Walks</b></p> <p><b>10:30 Exercises with Mira</b> Lower Throsby</p> 	<p><b>9:30 Armchair Travel</b> Ascot Ground</p> <p><b>10.30 Tapping Session</b></p> 	<p><b>9:30 Armchair Yoga</b></p> <p><b>10.30</b></p>  <p><b>Pop-up Café</b></p>	<p><b>9.30 Garden walks</b></p> <p><b>10.30 Screened Concert</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>2.30 Art Group</b></p> 	<p><b>2.30</b></p> 	<p><b>2.30 Gardening Club</b></p> 	<p><b>2.00 Meditation</b> Ascot Quiet Room</p> <p><b>2.30 Walking Group</b></p> 	<p><b>2.30 Spring Fair</b></p> 		<p>Check activities Boards or ask staff about weekend activities.</p>

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# ANTHEM CARE ACTIVITIES CALENDAR SEPTEMBER 2025



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