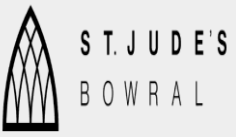













ANTHEM CARE ACTIVITIES CALENDAR

OCTOBER 2025















MONDAY 29 TH	TUESDAY 30 TH	WEDNESDAY 1 ST October	THURSDAY 2 ND	FRIDAY 3 RD International coffee day	SATURDAY 4 TH	SUNDAY 5 TH
<p>9.30 Movie time Throsby Lower</p> <p>10.30 St Jude's Church Service Worship Group Ascot Ground</p> 	<p>9:30 Documentary Ascot ground</p> <p>10.30 Exercises with Mira</p> 	<p>9:30 Garden Walks</p> <p>10.30 Scenic Bus Trip</p> 	<p>9.30 Armchair Yoga Throsby upper</p> <p>10.30 Tai Chi Ascot Ground dining</p> 	<p>9:30 Garden Walks</p> <p>10.30 Morning Tea on the Veranda</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 Sing Australia Choir</p> 	 <p>Clip art images are licensed under CC - NC</p>	<p>Check activities Boards or ask staff about weekend activities</p> <ul style="list-style-type: none"> •

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

OCTOBER 2025








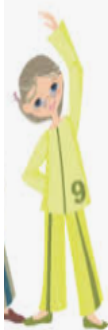






MONDAY 6 TH	TUESDAY 7 TH	WEDNESDAY 8 TH	THURSDAY 9 TH	FRIDAY 10 TH	SATURDAY 11 TH	SUNDAY 12 TH
<p>9:30 Movie Time Ascot First</p> <p>10.30 Morning Tea with Maureen</p> 	<p>9:30 Garden Walks</p> <p>10.30 Exercises with Mira</p> 	<p>9:30 Armchair Yoga Screened Throsby Upper</p> <p>10.30 EFT Tapping Session</p> 	<p>9:30 Documentary Ascot Ground</p> <p>10.30 Art Group</p> 	<p>9:30 Armchair Travel Screened Lower Throsby</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</p> 	<p>2.30</p> 	<p>2.30 Paws Pet Therapy Thorsby</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30</p> 	<p>2.30 Shay Byrne live in concert</p> 		<p>Check activities Boards or ask staff about weekend activities</p>

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ANTHEM CARE ACTIVITIES CALENDAR

OCTOBER 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 screened Throsby upper</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</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 Tai Chi Ascot Ground dining</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 Live in concert</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</p> 		<p>Check activities Boards or ask staff about weekend activities</p>

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ANTHEM CARE ACTIVITIES CALENDAR

OCTOBER 2025



MONDAY 20 TH Bird Week	TUESDAY 21 ST	WEDNESDAY 22 ND	THURSDAY 23 RD	FRIDAY 24 TH	SATURDAY 25 TH	SUNDAY 26 TH
<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 Tapping Session</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Walking Group</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 Art Group</p> 	<p>2.30</p> 	<p>2.30 Paws Pet Therapy Thorsby</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30</p> 	<p>2.30 Octoberfest Happy Hour</p> 	<p>Check activities Boards or ask staff about weekend activities.</p> 	

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ANTHEM CARE ACTIVITIES CALENDAR

OCTOBER 2025



MONDAY 27 TH	TUESDAY 28 TH	WEDNESDAY 29 TH	THURSDAY 30 TH	FRIDAY 31 ST	SATURDAY 1 ST November	SUNDAY 2 ND
<p>9.30 Documentary Lower Throsby</p> <p>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>11.00 Lunch Bus Trip</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Tai Chi</p> <p>11.00 BBQ & Bikes Vintage bike display and BBQ lunch</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 Art Group</p> 	<p>2.30 Helen James Live in concert</p> 	<p>2.30 Walking Group</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30</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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