













ANTHEM CARE ACTIVITIES CALENDAR

NOVEMBER 2025



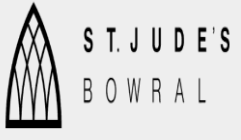











MONDAY 3 RD	TUESDAY 4 ^H Frock Up	WEDNESDAY 5 TH	THURSDAY 6 TH	FRIDAY 7 TH	SATURDAY 8 TH	SUNDAY 9 TH
<p>9.30 Movie time Throsby Lower</p> <p>10.30 Screened Concert Ascot Ground</p> 	<p>9:30 Documentary Ascot ground</p> <p>10.30 Melbourne cup Sweeps</p> 	<p>9:30 Garden Walks</p> <p>10.30 EFT Tapping Session</p> 	<p>9.30 Armchair Yoga Throsby upper</p> <p>10.30</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>2.30 Fascinator Selection Afternoon Tea</p> 	<p>2.00 Fashions on the field</p> <p>2.30 Melbourne Cup Race</p> 	<p>2.30 Paws Pet Therapy Ascot</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30 Louise Bell Live in concert</p> 	<p>2.30</p> 	 <p>Check activities Boards or ask staff about weekend activities</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.

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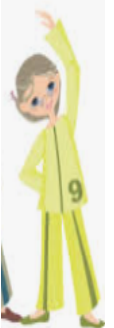








MONDAY 10 TH	TUESDAY 11 TH	WEDNESDAY 12 TH	THURSDAY 13 TH	FRIDAY 14 TH	SATURDAY 15 TH	SUNDAY 16 TH
<p>9:30 Movie Time Ascot First</p> <p>10.30 St Jude's Church Service Worship Group Ascot Ground</p> 	<p>9:30 Garden Walks</p> <p>10.30 Exercises with Mira</p> 	<p>9:30 Armchair Yoga Screened Throsby Upper</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</p> 	<p>Check activities Boards or ask staff about weekend activities.</p>	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>2.30 Paws Pet Therapy Throsby</p> 	<p>3.00 Remembrance Day Service</p> 	<p>2.30 Sing along with Phillipa</p> <p>2.30 Scenic Bus Trip</p> 	<p>2.00 Meditation Ascot Quiet Room</p> <p>2.30 Antiques Road Show</p> 	<p>2.30</p> 		<p>Check activities Boards or ask staff about weekend activities</p>

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MONDAY 17 TH	TUESDAY 18 TH	WEDNESDAY 19 TH International men's day	THURSDAY 20 TH	FRIDAY 21 ST	SATURDAY 22 ND	SUNDAY 23 RD
<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</p> 	<p>9:30 Documentary Lower Throsby</p> <p>10.30 EFT Tapping Session</p> 	<p>9:30 Armchair Travel Lower Throsby</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 Art Group</p> 	<p>2.30</p> 	<p>2.30 Spring time BBQ</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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MONDAY 24 TH	TUESDAY 25 TH	WEDNESDAY 26 TH	THURSDAY 27 TH	FRIDAY 28 TH	SATURDAY 29 TH	SUNDAY 30 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</p> 	<p>9:30 Armchair Yoga</p> <p>10.30 Tai Chi Ascot Ground dining</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 Paws Pet Therapy Throsby</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 Honey Sippers Live in concert</p> 		<p>Check activities Boards or ask staff about weekend activities.</p>

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