



HILLVIEW
PREMIUM AGED CARE

Ashmore Activities Program

Wednesday, 1 September 2021		
9:30	Exercises	North Dining Room
10:00	Music DVD	North & South Lounge
10:00	Bus Outing \$10 - Bookings Essential - Morning Tea Macintosh Park	Meet in Foyer
2:00	Bingo	North Dining Room
3:00	Foxtel	North & South Lounge
Thursday, 2 September 2021		
9:30	No exercises due to carnival Day	North Dining Room
10:00	Foxtel	North & South Lounge
10:30	Ashmore Carnvial Day Games Animals and Show Bags	North Wing
2:00	Concert and Happy Hour - Kerrie sings	North Dining Room
Friday, 3 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
10:30	Foxtel	North & South Lounge
2:00	Ice Cream Extravagnaza	North & South Wing
Monday, 6 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Lets Make Smoothies	North Dining Room
Tuesday, 7 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bean Bag Toss	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Trivia	North Lounge



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Wednesday, 8 September 2021		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10-Cascade Gardens Morning Tea	Meet in Foyer
10:30	DVD Concert	North and South Lounge Room
2:00	Foxtel-	South Lounge Room
2:00	Bingo	North Dining Room
Thursday, 9 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Residents Meeting	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - John Vella Sings	North Dining Room
Friday, 10 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Mens Group	North Outside Area
Monday, 13 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Lets Make Smoothies	North Dining Room
Tuesday, 14 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Board Games	North Dining Room
2:00	Hoy Cards	North Dining Room
3:00	Foxtel	North & South Lounge



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Ashmore Activities Program

Wednesday, 15 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Greenday Restaurant Lunch Bundall	Meet in Foyer
10:30	DVD Movie	South Lounge Room
2:00	Bingo	North Dining Room
2:00	Foxtel	North & South Lounge
Thursday, 16 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Gardening	North Outside Area
10:30	Foxtel	North & South lounge
1:30	Food Focus Meeting	North Outside Area
2:00	Concert and Happy Hour - Mark Dean Sings	North Dining Room
Friday, 17 September 2021		
9:00	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Icream Afternoon and a Movie	North and South
Monday, 20 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Foxtel-	North & South Lounge
2:00	Board Games	North Dining Room



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Tuesday, 21 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Lets do a Jig Saw Puzzle	North Dining Room
Wednesday, 22 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10- Lunch Georges Paragon	Meet in Foyer
10:30	Foxtel	North & South Lounge
2:00	Bingo	North Dining Room
Thursday, 23 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Panit and Sip	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Mark Day Sings	North Dining Room
Friday, 24 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bean Bag Toss	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Triva and Conversation	North Outside Area



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Ashmore Activities Program

Monday, 27 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Poetry	North Dining Room
Tuesday, 28 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bocce	North Outside Area
11:30	Foxtel	North & South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 29 September 2021		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential - fish & Chips in the Park	Meet in the Foyer
2:00	Bingo	North Dining Room
3:00	Foxtel	North & South Lounge
Thursday, 30 September 2021		
9:30	No exercises due to Twilight Dinner	North Dining Room
10:00	Movie or Music DVD	North & South Lounge
10:30	Foxtel	North & South Lounge
5:00	Twilight Dinner and Great Music	North Dining Room



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Ashmore Activities Program

- **Foxtel available every day, please see a staff member to assist with program selection**
- **Hairdressing available by appointment Tuesday & Thursday**
- **Beauty Therapy available by appointment Wednesday**
- **For bookings including Bus trips contact reception on 5597 0422 or email Lifestyle@hillviewcare.com.au**
- **Card Games every Saturday & Sunday at 10:30 in the North Dining Room**
- **DVDs/Videos available for weekends on request from the Lifestyle Department**



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Merrimac Activities Program

Wednesday, 1 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Foxtel	Level 1,2,3,Lounge Room
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Garden Walk with Lifestyle	Ground Floor Gym
Thursday, 2 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Foxtel	Level1,2,3,lounge Room
10:30	Garden Walk with Lifestyle	Ground Floor Gym
1:30	Food Focus Meeting	Level 2 Dining Room
2:00	Mens Group Beers and a Chat with a hit of Golf	Level 3 Outdoor Area
Friday, 3 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Residents Shopping Clothes and accessories	Gooding Centre
2:00	Concert and Happy Hour - Kerrie Sings	Gooding Centre
3:00	Foxtel-	Meet at Reception
Monday, 6 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Memory Care Drive scenic Drive Morning Tea	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Garden Walk with Lifestyle	Ground Activities Room
2:00	Shuffle Board	Gooding Centre



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Merrimac Activities Program

Tuesday, 7 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walk with Lifestyle	Ground Floor Gym
2:00	Mobile Library	All Floors
2:00	Poetry with Robbie	Level 2 Sunroom
3:00	Foxtel	Level 1,2,3,Lounge Room
Wednesday, 8 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Foxtel -	Level 1,2,3,Lounge Room
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Garden walk with lifestyle	Ground Floor Gym
Thursday, 9 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground Activities Room
10:30	Foxtel	Level 1,2,3,Lounge Room
12:00	Memoery Care BBQ Lunch	Ground Floor
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Mens Group Beers and a Chat with a hit of Golf	Level 3 Outdoor Area
Friday, 10 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Zumba with Cheryl	Level 2 Dining Room
2:00	Concert and Happy Hour - John Vella Sings	Gooding Centre
3:00	Foxtel-	Level1,2,3,lounge Room



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Merrimac Activities Program

Monday, 13 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Greenday Restaurant Lunch Bundall	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Foxtel-	Level 1,2,3,Lounge Room
2:00	Jenga	Level 1 Sunroom
2:00	Mobile Library	All Floors
Tuesday, 14 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walk with Lifestyle	Ground Activities Room
10:30	Foxtel -	Level 1,2,3,Lounge Room
2:00	Paint and Sip	Level 2 Breezway
2:00	Board Games	Level 3 Dining Room
Wednesday, 15 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft	Level 2 Dining Room
10:30	Garden Walk With Lifestyle	Ground Floor
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
3:00	Foxtel-	Level 1,2,3,Lounge Room
Thursday, 16 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground Activities Room
10:30	Foxtel-	Level1,2,3,lounge Room
12:00	Level 1 BBQ Lunch	Level 1 Breezway
1:30	Food Focus Meeting	Level 2 Dining Room
2:00	Mens Group Beers and a Chat with a hit of Golf	Level 3 Out door Area



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Friday, 17 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
10:30	Foxtel-	Level 1,2,3,Lounge Room
2:00	Concert and Happy Hour - Terry	Gooding Centre
Monday, 20 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Emerald Lakes Hit of Golf and Lunch trip	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Hoy Cards	Level 2 Dining Room
2:00	Garden Walk with Lifestyle	Ground Activities Room
2:00	Foxtel-	Level 1,2,3,Lounge Room
Tuesday, 21 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walk with Lifestyle	Ground Floor Gym
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Jenga	Level 1 Lounge Room
3:00	Foxtel-	Level 1,2,3,Lounge Room
Wednesday, 22 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Foxtel-	Level1,2,3,Lounge Room
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Mobile Library	All Floors



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Thursday, 23 September 2021		
9:30	No Exercises due to Twilight Dinner	All Floors
10:30	Movie DVD	Level 1,2,3,Lounge Room
2:00	Foxtel-	Level 1,2,3,Lounge Room
5:00	Twilight Dinner and Great Music	All Floors
Friday, 24 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert and Happy Hour - Mark Day Sings	Gooding Centre
3:00	Foxtel-	Level 1,2,3 Lounge Room
Monday, 27 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - La Vintage Café Morning Tea	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Foxtel-	Level 1,2,3,Lounge Room
2:00	Garden Walk with Lifestyle	Ground Activities Room
2:00	Residents Meeting	Ground Floor
Tuesday, 28 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Foxtel-	Level 1,2,3,Lounge Room
2:00	Ball Drumming To Music	Level 2 Sunroom
2:00	Garden Walk with Lifestyle	Ground Floor Gym



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Wednesday, 29 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Foxtel-	Level 1,2,3,Lounge Room
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Small Quoits	Level 1 Lounge Room
Thursday, 30 September 2021		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground Activities Room
10:30	Foxtel-	Level 1,2,3,Lounge Room
2:00	Cooking with Dora and Jess	Level 2 Dining Room
2:00	Concert DVD Special	Level 1 Lounge Room

- **Foxtel available every day in all levels lounge areas, please see a staff member to assist with program selection**

- **Hairdressing and Beauty Therapy available by appointment**
For bookings contact 5559 3226

- **The Library has moved and is located in each Sunroom on Level 1, 2 and 3. If you require any help Lifestyle are happy to assist.**

- **To book bus trips:**
Please contact Reception or the Lifestyle team on 5559 3222 or email
Lifestyle@hillviewcare.com.au

- **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**

Café Open Weekdays 10am -2pm, Weekends 10am -1pm (excluding public holidays)