



HILLVIEW
PREMIUM AGED CARE

Ashmore Activities Program

Wednesday, 1 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential - Lunch Southport Sharks	Meet in Foyer
1:30	Foxtel	North & South Lounge
2:00	Lets Decorate our Christmas Tree	
Thursday, 2 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Lets make Fascinators for the Melbourne Cup	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Gina Sings	North Dining Room
Friday, 3 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
2:00	Name that Tune	North Garden Area
3:00	Foxtel	North & South Lounge
Monday, 6 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Paint & Sip	North Dining Room

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Tuesday, 7 November 2023		
MELBOURNE CUP RACE DAY		
9:30	Exercise	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Melbourne Cup Horse Race Game	North Dining Room
11:50	Melbourne Cup High Tea Lunch	North Dining Room
1:00	Best Dressed Male and Female Resident Parade	North Dining Room
2:00	Watching the Race that stops the Nation	North Dining Room
Wednesday, 8 November 2023		
9:30	Music DVD	North Dining Room
9:45	Bus Outing \$10 - Bookings Essential - Scenic Drive	Meet in Foyer
2:00	Lets Make Smoothies	North Dining Room
3:00	Foxtel	North & South Lounge
Thursday, 9 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Lets Decorate our Christmas Tree	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Mark Dean Sings	North Dining Room
Friday, 10 November 2023		
REMEMBRANCE DAY		
9:30	Exercises	North Dining Room
10:30	Remembrance Day Service	North Outside Area
1:30	Foxtel	North & South Lounge
2:00	Ice Cream Extravaganza	North & South Wing
Monday, 13 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Lets do a Crossword together	North Dining Room
3:00	Foxtel	North & South Lounge

Ashmore Activities Program

Tuesday, 14 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Armchair Travel	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Poetry with Robbie	North Dining Room
Wednesday, 15 November 2023		
9:30	Music DVD	North & South Lounge
10:00	Bus Outing \$10 - Bookings Essential - Greenday Café	Meet in Foyer
2:00	Hoy Cards	North Dining Room
2:00	Foxtel	North & South Lounge
Thursday, 16 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Concert and Happy Hour - Kerrie Sings	North Dining Room
2:00	Hoy Cards	North Dining Room
3:00	Foxtel	North & South Lounge
Friday, 17 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
2:00	Name that Tune	North Outside Area
3:00	Foxtel	North & South Lounge
Monday, 20 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Room Visits	North Dining Room
3:00	Foxtel	North & South Lounge



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Tuesday, 21 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
2:00	Meditation	North Lounge Room
2:30	Foxtel	South Lounge Room
Wednesday, 22 November 2023		
9:30	Music DVD	North & South Lounge
10:00	Bus Outing \$10 - Bookings Essential - St Bernhards Tamborine	Meet in Foyer
1:30	Foxtel	North & South Lounge
2:00	Sitting in the Garden and sharing Stories	North Outside Area
Thursday, 23 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Resident & Food Focus Meeting	North Dining Room
11:30	Residents BBQ	North Dining Room
2:00	Concert and Happy Hour - The Cowboy Sings	North Dining Room
Friday, 24 November 2023		
9:30	Music DVD	North Dining Room
9:30	Bus trip to Christmas Markets at Merrimac	.
1:30	Foxtel	North & South Lounge
2:00	Ice Cream Extravagnaza	North & South Wing
Monday, 27 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Sing-A-long with Kym and Jan	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Bingo	South Dining Room



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Tuesday, 28 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Ball Drumming to Music	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Pamper Palour	North Dining Room
Wednesday, 29 November 2023		
9:30	Exercises	North Dining Room
10:00	Foxtel	North & South Lounge
10:30	Bus Outing \$10 - Bookings Essential -Lunch at River Mill	Meet in Foyer
2:00	Knitting Club	North Dining Room
Thursday, 30 November 2023		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
2:00	Concert and Happy Hour - Dave Sings	North Dining Room
3:00	Foxtel	North & South Lounge

- Foxtel available every day, please see a staff member to assist with program selection
- Hairdressing available by appointment every Tuesday & Wednesday, and every second Thursday
- Beauty Therapy available by appointment Friday
- 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