



Ashmore Activities Program

Friday, March 1, 2024		
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	Name That Tune	North Dining Room
Monday, March 4, 2024		
9:30	Music DVD	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - HOTA Art Gallery	Meet in Foyer
2:00	Let's do CrossWords	North & South Lounge
3:00	Foxtel	North & South Lounge
Tuesday, March 5, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Tenpin Bowling	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Hoy Cards	North Dining Room
Wednesday, March 6, 2024		
9:30	Local Election Day Voting	Private Dining Room
10:00	Movie Morning	North & South Lounge
1:30	Foxtel	North & South Lounge
2:00	Bingo	North Dining Room
Thursday, March 7, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Silly Trivia	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Mark Dean Sings	North Dining Room



Ashmore Activities Program

	Friday, March 8, 2024	
9:00	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
2:00	Ice Cream Extravagnaza	North & South Wing
3:00	Foxtel	North & South Lounge
	Monday, March 11, 2024	
9:30	Exercises	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential - Fox & Hound Lunch	Meet in Foyer
2:00	Foxtel	North & South Lounge
2:00	Knitting Club	North Dining Room
	Tuesday, March 12, 2024	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Drumming to Music	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Pamper Palour	North Dining Room
	Wednesday, March 13, 2024	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Wildlife Show	North Dining Room
1:30	Foxtel	North & South Lounge
2:00	Bingo	North Dining Room



Ashmore Activities Program

Thursday, March 14, 2024		
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 Outside Area
1:00	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - The Cowboy Sings	North Dining Room
Friday, March 15, 2024		
9:30	Exercises to Music	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Armchair Travel to Ireland	North Dining Room
11:30	St Patrick's Day Lunch	North Dining Room
1:00	Foxtel	North & South Lounge
2:00	St Patrick's Day Trivia	North Dining Room
Monday, March 18, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential - Bingo Bonanza at Merrimac	Meet in Foyer
1:30	Foxtel	North & South Lounge
2:00	Let's do Crosswords	North Dining Room
Tuesday, March 19, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bocce	North Outside Area
2:00	Karaoke	North & South Lounge
3:00	Foxtel	North & South Lounge



Ashmore Activities Program

Wednesday, March 20, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Cook together	North Dining Room
2:00	Foxtel	North Dining Room
2:00	Bingo	North Dining Room
Thursday, March 21, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Meditation & Relaxation	North Lounge
2:00	Concert and Happy Hour - Gina Sings	North Dining Room
3:00	Foxtel	North & South Lounge
Friday, March 22, 2024		
9:00	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Name That Tune	North Outside Area
Monday, March 25, 2024		
9:30	Music DVD	North & South Lounge
10:00	Bus Outing \$10 - Bookings Essential - Fish & Chips at Point Danger	Meet in Foyer
2:00	Hoy Cards	North Dining Room
3:00	Foxtel	North & South Lounge
Tuesday, March 26, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's paint	North Lounge
11:30	Foxtel	North & South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge



Ashmore Activities Program

Wednesday, March 27, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Morning Karaoke	North & South Lounge
11:30	Easter High Tea Lunch	North Outside Area
2:00	Easter Bingo	North Dining Room
Thursday, March 28, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Balloon Tennis	North Dining Room
11:00	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Marina Sings	North Dining Room
Friday, March 29, 2024		
PUBLIC HOLIDAY GOOD FRIDAY		



Ashmore Activities Program

- Foxtel available every day, please see a staff member to assist with program selection
- Hairdressing available by appointment Wednesday & 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