






## Ashmore Activities Program

	<b>Thursday, August 1, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Going For Gold Racket Volleyball Tennis	North Dining Room
11:30	Let's Watch The Paris Olympic Games	North & South Lounge
2:00	Concert and Happy Hour - Maria Sings	North Dining Room
	<b>Friday, August 2, 2024</b>	
	 <b>INTERNATIONAL BEER DAY</b> 	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
11:00	Let's Watch The Paris Olympic Games	North & South Lounge
2:00	Beers in the Garden	North Outside Area
	<b>Monday, August 5, 2024</b>	
9:30	Music DVD	North & South Lounge
10:00	Bus Outing \$10 - Scenic Country Drive and Coffee	Bookings Essential, Meet in Foyer
11:30	Foxtel	North & South Lounge
2:00	Let's do Crosswords Together	North Dining Room
	<b>Tuesday, August 6, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Drumming To Music	North Dining Room
2:00	Let's Watch The Paris Olympic Games	North & South Lounge
2:00	Bingo	North Dining Room



## Ashmore Activities Program

	<b>Wednesday, August 7, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Think Outside the Box	North Dining Room
2:00	Knitting Club	North Dining Room
3:00	Let's Watch The Paris Olympic Games	North & South Lounge
	<b>Thursday, August 8, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Mediation and relaxation with Vanessa	North Lounge Room
1:30	Let's Watch The Paris Olympic Games	North & South Lounge
2:00	Concert and Happy Hour - Gina Sings	North Dining Room
	<b>Friday, August 9, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Staff Olympic Pie Eating Competition	North Dining Room
2:00	Olympic Casino games	North & South Wing
2:00	Let's Watch The Paris Olympic Games	North & South Lounge
	<b>Monday, August 12, 2024</b>	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - The Burrow Café For Lunch	Bookings Essential, Meet in Foyer
2:00	Karaoke Sing A Long	North & South Lounge
3:00	Foxtel	North & South Lounge



## Ashmore Activities Program

Tuesday, August 13, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft	North Dining Room
2:00	Bingo	North Dining Room
2:00	Foxtel	North & South Lounge
Wednesday, August 14, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Lets Cook	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Name That Tune	North Lounge Room
Thursday, August 15, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Ten Pin Bowling	North Dining Room
11:30	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Brad the Cowboy	North Dining Room
Friday, August 16, 2024		
9:30	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	Mens Group	North Outside Area
3:00	Let's Play Scrabble	North Dining Room



## Ashmore Activities Program

Monday, August 19, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Heritage Museum morning Tea	Bookings Essential, Meet in Foyer
2:00	Let's Do Word Search Together	North Dining Room
3:00	Foxtel	North Dining Room
Tuesday, August 20, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Pamper Palour	North Dining Room
3:00	Foxtel	North & South Lounge
Wednesday, August 21, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft	North Dining Room
2:00	Let's Play UNO Cards	North Dining Room
3:00	Foxtel	North & South Lounge
Thursday, August 22, 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 Dining Room
2:00	Concert and Happy Hour - Mark Dean Sings	North Dining Room



## Ashmore Activities Program

Friday, August 23, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
11:00	Foxtel	North & South Lounge Room
2:00	Ice-Cream and Movie afternoon	North & South Lounge Room
Monday, August 26, 2024		
9:30	Music DVD	North Dining Room
10:00	Bus Outing \$10 - Shopping At Stocklands Burleigh	Bookings Essential, Meet in Foyer
2:00	Crosswords	North Dining Room
Tuesday, August 27, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bocce	North Outside Area
2:00	Bingo	North Dining Room
3:00	Foxtel	North & South Lounge
Wednesday, August 28, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Trivia Quiz	North Dining Room
11:00	Foxtel	North Dining Room
2:00	Armchair Travel to Bali	North Dining Room
Thursday, August 29, 2024		
9:30	Bus Outing \$10 - Merrimac Show Day Carnival - Games, Showbags, Baby Animals, Dagwood Dogs!	Bookings Essential, Meet in Foyer
9:30	Music DVD	North & South Lounge
2:00	Concert and Happy Hour - Mercedes Sings	North Dining Room
3:00	Foxtel	North & South Lounge



## Ashmore Activities Program

	Friday, August 30, 2024	
	<b>GOLD COAST SHOW DAY PUBLIC HOLIDAY</b>	

- 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](mailto: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