



HILLVIEW
PREMIUM AGED CARE

Ashmore Activities Program

Tuesday, October 1, 2024		
	INTERNATIONAL DAY OF OLDER PERSON	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Reminiscing	North Dining Room
2:00	Bingo	North Dining Room
3:00	Foxtel	North & South Lounge
Wednesday, October 2, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Bake Cookies	North Dining Room
10:30	Foxtel	North & South Lounge
2:00	Knitting Club	North Dining Room
Thursday, October 3, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
10:30	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Paul Gulinello Sings	North Dining Room
Friday, October 4, 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 Room
2:00	Ice Cream Extravagnaza	North & South Wing



Ashmore Activities Program

Monday, October 7, 2024		
KINGS BIRTHDAY PUBLIC HOLIDAY		
Tuesday, October 8, 2024		
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	Bingo	North Dining Room
3:00	YouTube - All About The King	North & South Lounge
Wednesday, October 9, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Racket Volley Ball	North Dining Room
11:30	YouTube	North & South Lounge
2:00	Karaoke Sing A Long	North & South Lounge
Thursday, October 10, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Massage and Relaxation	North Lounge
11:00	Foxtel	North Dining Room
2:00	Concert and Happy Hour - Mark Dean Sings	North Dining Room
Friday, October 11, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Gardening with Tom	North Outside Area
10:30	Foxtel	North & South
2:00	Name That Tune	North Lounge Room



Ashmore Activities Program

Monday, October 14, 2024		
9:30	Exercises	North Dining Room
10:00	Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential Yatala Pies for lunch	Meet In Foyer
2:00	Let's Do Crosswords	North Dining Room
Tuesday, October 15, 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 Parlour	North Dining Room
2:00	YouTube	North & South Lounge
Wednesday, October 16, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Spring Colour Connect	North Outside Area
11:00	Foxtel	North & South Lounge
2:00	Let's Play Scrabble	North Dining Room
Thursday, October 17, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Table Bowls	North Dining Room
10:30	Foxtel	North & South Lounge
2:00	Concert and Happy Hour - Gina Sings	North Dining Room
Friday, October 18, 2024		
WORLD CHOCOLATE CUPCAKE DAY		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Bake Cup Cakes	North Dining Room
2:00	Ice Cream & Movie Afternoon	North & South Lounge
3:00	Foxtel	North & South Lounge



Ashmore Activities Program

Monday, October 21, 2024		
9:30	YouTube - Neil Diamond in Concert	North & South Lounge
10:30	Bus Outing \$10 - Bookings Essential Morning Tea	Meet In The Foyer
1:30	Foxtel	North & South Lounge
2:00	Let's Play UNO Cards	North Dining Room
Tuesday, October 22, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Paint	North Dining Room
2:00	Bingo	North Dining Room
3:00	YouTube - The Bee Gees	North & South Lounge
Wednesday, October 23, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Hoy Cards	North Dining Room
10:30	YouTube - David Attenborough	North & South Lounge
2:00	Who Am I?	North Dining Room
Thursday, October 24, 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
10:30	YouTube Baby Animals	North & South Lounge
11:45	Resident's BBQ	North Outside Area
2:00	Concert and Happy Hour - The Cowboy Sings	North Dining Room
Friday, October 25, 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	YouTube - Classical Concert	North & South Lounge
2:00	Arm Chair Travel to Spain	North Dining Room



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Monday, October 28, 2024		
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 Foyer
2:00	Foxtel	North & South Lounge
2:00	Knitting Club	North Dining Room
Tuesday, October 29, 2024		
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	Casino Afternoon & Drinks	North Dining Room
Wednesday, October 30, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Halloween Craft	North Dining Room
10:30	Foxtel	North Dining Room
2:00	Karaoke Sing A Long	North & South Lounge
Thursday, October 31, 2024		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Tenpin Bowling	North Dining Room
10:30	Foxtel	North Dining Room
2:00	Concert and Happy Hour - Alison Lyn Sings	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 Wednesday & Thursday**
- **Beauty Therapy available by appointment Friday**
- **For bookings including Bus trips contact reception on 5597 0422 or email Lifestyle@hillviewcare.com.au**
- **DVDs/Videos available for weekends on request from the Lifestyle Department**