




Ashmore Activities Program

Tuesday, July 1, 2025		
CANADA DAY		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Paint a Picture	North Dining Room
1:00	Armchair Travel to Canada	North & South Lounge
2:00	UNO Cards	North Dining Room
Wednesday, July 2, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Make Fruit Smoothies	North Dining Room
2:00	Bingo	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 3, 2025		
10:00	Social Morning Tea & News	North Dining Room
10:30	Zumba! \$10	North Dining Room
2:00	Documentary on Japan	South Lounge
2:00	Relaxation, Meditation & Massage	North Lounge
Friday, July 4, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
1:30	YouTube Concert: Neil Diamond	North & South Lounge
2:00	Conversation in the Garden	North Outside Area
Monday, July 7, 2025		
NAIDOC WEEK		
WORLD CHOCOLATE DAY		
9:30	Exercises	North Dining Room
10:00	Karaoke Sing-a-Long	North Lounge Room
10:30	Bus Outing \$10: Southport Surf Club Lunch	Meet in Foyer, Bookings Essential
2:00	Let's Cook a Chocolate Slice	North Dining Room
3:00	Television Tipping Point	North Lounge



Ashmore Activities Program

Tuesday, July 8, 2025		
9:30	Exercises	North Dining Room
10:00	Make a Coaster: Dot Art with Shoanna, \$15	North Dining Room
1:30	Armchair Travel to India	North & South Lounge
2:00	UNO Cards	North Dining Room
Wednesday, July 9, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Who Am I	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 10, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Racquet Balloon Tennis	North Dining Room
10:30	YouTube: André Rieu	North & South Lounge
2:00	Concert & Happy Hour with Gina	North Dining Room
Friday, July 11, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Fun Games Morning	North Dining Room
10:30	YouTube: Animals in the Wild	North & South Lounge
2:00	Movie & Ice Cream	North Lounge Room
Monday, July 14, 2025		
9:30	Exercises	North Dining Room
10:30	Bus Outing \$10: Fox & Hounds 'Christmas in July' Lunch	Meet in Foyer, Bookings Essential
2:00	Let's Do a Crossword Together	North Dining Room
3:00	Television Tipping Point	North Lounge Room



Ashmore Activities Program



Tuesday, July 15, 2025		
GOLD COAST LIBRARY BOOK PICKUP		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft	North Dining Room
1:00	Armchair Travel to Switzerland	North & South Lounge
2:00	Bingo	North Dining Room
Wednesday, July 16, 2025		
WORLD SNAKE DAY		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Resident & Food Focus	North Dining Room
10:30	YouTube: Snakes Alive	North & South Lounge
2:00	Board Games	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 17, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
11:30	Resident's BBQ	North Outside Area
2:00	Concert & Happy Hour with Mercedes	North Dining Room
Friday, July 18, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bean Bag Target Toss	North Dining Room
1:30	YouTube: The Supremes in Concert	North & South Lounge
2:00	Happy Hour & Karaoke	North Outside Area
Monday, July 21, 2025		
NATIONAL LAMINGTON DAY		
9:30	YouTube: Animals in the Wild	North & South Lounge
10:00	Bus Outing \$10: Greenday Café	Meet in Foyer, Bookings Essential
2:00	Let's Make Lamingtons	North Dining Room
3:00	Television Tipping Point	North Lounge Room



Ashmore Activities Program

Tuesday, July 22, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Drumming To Music	North Dining Room
1:00	Armchair Travel to Iceland	North & South Lounge
2:00	Pamper Parlour	North Dining Room
Wednesday, July 23, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Name That Tune	North Lounge Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 24, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft	North Dining Room
2:00	Concert & Happy Hour with Chris B	North Dining Room
Friday, July 25, 2025		
	PYJAMA DAY	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Make Friendship Letters	North Dining Room
2:00	Concert & Happy Hour with Mark Dean	North Dining Room
Monday, July 28, 2025		
9:30	Music DVD	North & South Lounge
9:30	Bus Outing \$10: Runaway Bay Shops	Meet in Foyer, Bookings Essential
1:00	YouTube: Diana Ross in Concert	North & South Lounge
2:00	Knitting Club	North Dining Room
3:00	Television Tipping Point	North & South Lounge

Ashmore Activities Program

Tuesday, July 29, 2025		
	CHRISTMAS IN JULY	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Trivia	North Dining Room
11:30	Christmas In July Lunch	North Dining Room
2:00	UNO Cards	North Dining Room
Wednesday, July 30, 2025		
FRIENDSHIP DAY		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Science Experiments	North Dining Room
2:00	Bingo	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 31, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Casino Games	North Lounge
10:30	YouTube: Let's Explore the Amazon	North & South Lounge
2:00	Concert & Happy Hour with Robbie	North Dining Room
<ul style="list-style-type: none"> • Foxtel available every day, please see a staff member to assist with program selection • Hairdressing available by appointment Tuesday Wednesday & 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 		