



Ashmore Activities Program

Wednesday, October 1, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	UNO Cards	North Dining Room
2:00	Knitting Club	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, October 2, 2025		
	OKTOBERFEST CELEBRATIONS	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Oktoberfest Trivia	North Dining Room
2:00	Oktoberfest Concert & Happy Hour with Zoltan	North Dining Room
3:00	YouTube: Let's Explore Munich	North & South Lounge
Friday, October 3, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Quiz	North Dining Room
2:00	Karaoke Sing a Long	North & South Lounge
3:00	Television Tipping Point	North & South Lounge
Monday, October 6, 2025		
PUBLIC HOLIDAY KING'S BIRTHDAY		
Tuesday, October 7, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	YouTube	North & South Lounge
2:00	Hoy Cards	North Dining Room
Wednesday, October 8, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Science Experiments	North Dining Room
2:00	Movie & Ice Cream	North & South Lounge
3:00	Television Tipping Point	North & South Lounge



Ashmore Activities Program

Thursday, October 9, 2025		
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	Concert & Happy Hour with Terry	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Friday, October 10, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Tablebowls	North Dining Room
1:30	YouTube: Wonderful Beaches	North & South Lounge
2:00	Drinks & Conversation in the Garden	North Outside Area
Monday, October 13, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 - Bookings Essential - Lunch at Hinze Dam	Meet in Foyer
10:30	YouTube: Elton John in Concert	North & South Lounge
2:00	Knitting Club	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Tuesday, October 14, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Make Smoothies	North Dining Room
2:00	Bingo	North Dining Room
Wednesday, October 15, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Resident's Meeting	North Dining Room
2:00	Let's Do Crosswords Together	North Dining Room
3:00	Television Tipping Point	North & South Lounge



Ashmore Activities Program

	Thursday, October 16, 2025	
	JAMES BOND 'GIN & TONIC DAY'	<i>007</i>
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Think You Know Gin?	North Dining Room
2:00	<i>The Songs of James Bond'</i> Concert & Happy Hour	North Dining Room
	Friday, October 17, 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	North & South Lounge
2:00	Name That Tune	North Outside Area
	Monday, October 20, 2025	
9:30	Music DVD	North & South Lounge
9:30	Bus Outing \$10 - Bookings Essential - Greenday Café	Meet in Foyer
2:00	Tablebowls	North Dining Room
3:00	Television Tipping Point	North & South Lounge
	Tuesday, October 21, 2025	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:00	YouTube: Lions of Africa	North & South Lounge
2:00	Pamper Parlour	North Dining Room
	Wednesday, October 22, 2025	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Create with Clay	North Dining Room
2:00	Karaoke Sing-a-Long	North & South Lounge



Ashmore Activities Program

Thursday, October 23, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Hoy Cards	North Dining Room
11:45	Resident's BBQ	North Outside Area
2:00	Concert & Happy Hour with Marina	North Dining Room
Friday, October 24, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Play Bocce	North Outside Area
1:30	YouTube: The Beach Boys	North & South Lounge
2:00	Conversation & Drinks in the Garden	North Outside Area
Monday, October 27, 2025		
9:30	Music DVD	North & South Lounge
9:30	Bus Outing \$10 - Bookings Essential - Shopping at Q Super Store	Meet in Foyer
11:00	YouTube	North & South Lounge
2:00	Let's Play Board Games	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Tuesday, October 28, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
12:30	YouTube	North & South Lounge
2:00	Let's Make Smoothies	North Dining Room
Wednesday, October 29, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft	North Dining Room
2:00	Room Visits	North & South Wing
3:00	Television Tipping Point	North & South Lounge



Ashmore Activities Program

Thursday, October 30, 2025		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Meditation, Relaxation and Massage	North Lounge
2:00	Concert & Happy Hour with Miss Mandy	North Dining Room
Friday, October 31, 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 Movie	North & South Lounge
2:00	Who Am I?	North Dining Room
• 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		