





**HILLVIEW**  
PREMIUM AGED CARE








## Ashmore Activities Program

<b>Wednesday, July 1, 2026</b>		
9:30	Music DVD	North Dining Room
9:30	Bus Trip: Pop up Clothes Shop at HillView Merrimac	Meet in Foyer
2:00	Bingo	North Dining Room
3:00	Television Tipping Point	North & South Lounge
<b>Thursday, July 2, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Ten Pin Bowling	North Dining Room
10:30	Youtube documentary	North & South Lounge
2:00	Concert and Happy Hour - Mercedes	North Dining Room
<b>Friday, July 3, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's World Cup Soccer	North Dining Room
2:00	Word Quiz	North Dining Room
3:00	Television Tipping Point	North & South Lounge
<b>Monday, July 6, 2026</b>		
	<b>NAIDOC WEEK</b>	
9:30	Exercises	North Dining Room
10:00	Youtube Documentary on - Out back Australia	North & South Lounge
10:30	Bus Outing \$10 ( <i>bookings essential</i> ): George's Paragon Sanctuary Cove	Meet in Foyer
2:00	Let's Play UNO cards	North Dining Room
3:00	TV Games Shows	North & South Lounge



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## Ashmore Activities Program

Tuesday, July 7, 2026		
	<b>WORLD CHOCOLATE DAY</b>	  
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts: Aboriginal Art	North Dining Room
10:30	Youtube: Documentary on Aboriginal Arts	North & South Lounge
2:00	Let's Cook with Chocolate	North Dining Room
3:00	TV Game Shows	North & South Lounge
Wednesday, July 8, 2026		
	<b>STATE OF ORIGIN</b>	
	<b>SPECIAL EVENT: REPTILE SHOW</b>	  
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	<b>REPTILE SHOW</b>	North Dining Room
2:00	Bingo	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, July 9, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Lounge Room
10:30	Meditation and Relaxation	North Dining Room
10:30	Documentary on the Great Barrier Reef	North & South Lounge
2:00	Concert and Happy Hour with Miss Mandy	North Dining Room
Friday, July 10, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Jenga	North Dining Room
2:00	Happy Hour and Chit Chat	North Dining Room



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## Ashmore Activities Program

<b>Monday, July 13, 2026</b>		
9:30	Bus Outing \$10 ( <i>bookings essential</i> ): Scenic Drive	Meet in Foyer
9:30	Youtube Concert Simply Red	North & South Lounge
2:00	Knitting Club	North Dining Room
3:00	Game Shows on TV	North & South Lounge
<b>Tuesday, July 14, 2026</b>		
<b>GOLD COAST LIBRARY PICK UP</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts	North Dining Room
10:30	TV Concert of Bee Gee's	North & South Lounge
2:00	Board Games	North Dining Room
3:00	TV Games Shows	North Dining Room
<b>Wednesday, July 15, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Bingo Lucky Dip	North Dining Room
2:00	White Board Games	North Dining Room
3:00	Television Tipping Point	North & South Lounge
<b>Thursday, July 16, 2026</b>		
	<b>CHRISTMAS IN JULY</b>	  
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas in July Trivia	North Dining Room
12:00	Christmas Lunch	North & South Dining
2:00	Name that Christmas Tune	North Lounge Room
<b>Friday, July 17, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Play World Cup Soccer	North Dining Room
2:00	Name that Tune	North Lounge Room



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## Ashmore Activities Program

<b>Monday, July 20, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bus Outing \$10 ( <i>bookings essential</i> ): Picnic lunch at the Spit	Meet in Foyer
10:30	Documentary to New Zealand	North & South Lounge
2:00	Ice-Cream and Movie	North & South Lounge
<b>Tuesday, July 21, 2026</b>		
	<b>NATIONAL LAMINGTON DAY</b>	  
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Make Lamingtons	North Dining Room
10:30	Youtube Concert with Julie Andrews	North & South Room
2:00	Casino Games	North Dining Room
3:00	TV Games Shows	North & South Lounge
<b>Wednesday, July 22, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Trivia and Word Games	North Dining Room
3:00	Television Tipping Point	North & South Lounge
<b>Thursday, July 23, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Residents' Meeting and Morning Tea	North Lounge Room
10:30	Youtube: The Salt of The Earth	North & South Lounge
2:00	Concert and Happy Hour with The Cowboy	North Dining Room



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## Ashmore Activities Program

<b>Friday, July 24, 2026</b>		
<b>PYJAMA DAY</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's play Golf	North Dining Room
2:00	Fun Floor Games	North Dining Room
<b>Monday, July 27, 2026</b>		
9:30	Armchair Travel to Asia	North & South Lounge
10:00	Bus Outing \$10 ( <i>bookings essential</i> ): Fox & Hound Pub Lunch 'Christmas In July'	Meet in Foyer
2:00	Word Search	North Dining Room
2:00	YouTube Concert with The Andrew Sisters	North & South Lounge
3:00	TV Game Shows	North & South Lounge
<b>Tuesday, July 28, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts	North Dining Room
10:30	Documentary on Nepal	North & South Lounge
2:00	UNO Cards	North Dining Room
3:00	TV Game Shows	North Dining Room
<b>Wednesday, July 29, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Crosswords	North Dining Room
3:00	Television Tipping Point	North & South Lounge



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## Ashmore Activities Program

<b>Thursday, July 30, 2026</b>		
<b>INTERNATIONAL FRIENDSHIP DAY</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Lounge Room
10:30	Let's Share Friendship Stories	North Dining Room
10:30	Armchair Travel to Jamaica	North & South Lounge
2:00	Concert and Happy Hour with Mark Dean	North Dining Room
<b>Friday, July 31, 2026</b>		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Games	North Dining Room
2:00	Drinks and Conversation in the Garden	North Outside Area
<ul style="list-style-type: none"><li>• Foxtel available every day, please see a staff member to assist with program selection</li><li>• Hairdressing available by appointment Tuesday, Wednesday &amp; every second Thursday</li><li>• Beauty Therapy available by appointment every second Friday</li><li>• For bookings including Bus trips contact reception on 5597 0422 or email <a href="mailto:Lifestyle@hillviewcare.com.au">Lifestyle@hillviewcare.com.au</a></li><li>• DVDs/Videos available for weekends on request from the Lifestyle Department. This Activity Schedule is subject to change, where necessary</li></ul>		