



Ashmore Activities Program

Tuesday, September 1, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Games	North Dining Room
10:30	YouTube - Concert Fred Estaire	North & South Lounge
2:00	Board Games	North Dining Room
3:00	TV Game Shows	North & South Lounge
Wednesday, September 2, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Let's Play Scrabble	North & South Wing
3:00	Television Tipping Point	North & South Lounge
Thursday, September 3, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Lounge Room
10:30	Balloon Tennis	North Dining Room
10:30	YouTube - Documentary To Peru	North & South Lounge
2:00	Casino Games	North Dining Room
Friday, September 4, 2026		
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 - Becoming A Day	North & South Lounge
2:00	Happy Hour & Conversation About Dads/Grandads	North Outside Area
Monday, September 7, 2026		
9:30	Exercises	North Dining Room
10:15	Bus Outing \$10 - Fish & Chips at Point Danger	Bookings Essential Meet in Foyer
10:30	YouTube - Concert with Billy Joel	North & South Lounge
2:00	Floor Games	North Dining Room
3:00	Tipping Point	North & South Lounge



Ashmore Activities Program

Tuesday, September 8, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts	North Dining Room
10:30	DVD Movie - Chocolate	South Lounge Room
2:00	Let's Cook Together	North Dining Room
3:00	TV Show Games	North & South Lounge
Wednesday, September 9, 2026		
	GOLD COAST LIBRARY PICKUP	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Board Games & Puzzles	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, September 10, 2026		
	R U OK DAY ?	
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Lounge Room
10:30	Meditation, Relaxation & Massage	North Lounge Room
10:30	YouTube - Fishing The Pacific	South Lounge Room
2:00	Concert and Happy Hour with Miss Mandy	North Dining Room
Friday, September 11, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Kerplunk	North Dining room
2:00	Ice-Cream and Movie	North & South Lounge
3:00	Television Tipping Point	North & South Lounge
Monday, September 14, 2026		
	SWELL FESTIVAL	
9:00	You Tube - Drawfee Art Show	North & South Room
9:30	Bus Outing - SWELL Festival -Scenic Drive	Meet in Foyer
2:00	Let's Do Crosswords Together	North Dining Room
3:00	TV Game Shows	North & South Lounge



Ashmore Activities Program

Tuesday, September 15, 2026		
9:30	Movement To Music	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts	North Dining Room
10:30	You Tube- Documentary on Winter Wonderland	North & South Lounge
2:00	Let's Make Fruit Smoothies	North Dining Room
2:00	TV Games Shows	North & South Lounge
Wednesday, September 16, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Word Games	North & South Wing
3:00	Television Tipping Point	North & South Lounge
Thursday, September 17, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Lounge Room
10:30	Concert and Happy Hour - Alison	North Dining Room
10:30	You Tube - Documentary on Dogs	North Outdoor Area
2:00	HOY Cards	North Dining Room
Friday, September 18, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Floor Soccer	North Dining Room
10:30	Documentary on Dogs	North & South Lounge
2:00	Name That Tune?	North Lounge Room
Monday, September 21, 2026		
9:30	You Tube Movie- Beauty and The Beast	North & South Lounge
9:30	Bus Outing \$10 - Q Supper Store Shopping	Meet in Foyer
2:00	UNO Cards	North Dining Room
3:00	TV Game Shows	North & South Lounge



Ashmore Activities Program

Tuesday, September 22, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Crafts	North Dining Room
10:30	You Tube- Documentary- Nature's Greatest Talent	North & South Lounge
2:00	Pamper Palour	North Dining Room
3:00	TV Games Shows	North & South Lounge
Wednesday, September 23, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Joel Archer - "Golden Oldies"	North Lounge Room
2:00	Bingo	North Dining Room
3:00	Television Tipping Point	North & South Lounge
Thursday, September 24, 2026		
9:30	Exercises	North Dining Room
10:00	Residents Meeting and Morning Tea	North Dining Room
10:30	You Tube - "The City Without Air" Documentary	North & South Lounge
12:00	Residents BBQ Lunch	North Outdoor Area
2:00	Concert and Happy Hour - John Bain (Frank Sinatra)	North Dining Room
Friday, September 25, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Word Games	North Dining Room
10:30	You Tube - Concert with Toni Bennett	North & South Lounge
2:00	Ice-Cream and Movie Afternoon	North & South Lounge
Monday, September 28, 2026		
9:30	You Tube - Concert Barry Manilow	North & South Lounge
9:30	Bus Outing \$10 -Morning Tea Emerald Lakes	Bookings Essential Meet in Foyer
2:00	Ten Pin Bowling	North Dining Room
3:00	TV Tipping Point Show	North & South Lounge



Ashmore Activities Program

Tuesday, September 29, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Gardening	North Outside Area
10:30	You Tube - Hollywood Hidden Secrets	North & South Lounge
2:00	Bocce	North Outside Area
3:00	TV Games Shows	North & South Lounge
Wednesday, September 30, 2026		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Think Outside the Box	North Dining Room
3:00	Television Tipping Point	North & South Lounge
• 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 every second 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. This Activity Schedule is subject to change, where necessary		