



HILLVIEW
PREMIUM AGED CARE

Ashmore Activities Program

Monday, 3 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Balance group	North Dining Room
2:00	Foxtel -106- Bargain Hunt	North & South Lounge
2:00	Reminiscing about Christmas	North Dining Room
Tuesday, 4 December 2018		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Runaway Bay Christmas Shopping	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
10:30	Foxtel -616- Mythbusters	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 5 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
1:30	Foxtel -612- Great White Shark Babies	North & South Lounge
2:00	Bingo	North Dining Room
Thursday, 6 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -613- Tuts Treasures	North & South Lounge
10:30	Concert and Happy Hour - Shane Sings	North Dining Room
2:00	Board Games	North Dining Room



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Friday, 7 December 2018		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Lunch at Dublin Docks Tavern	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -613- X Generation that Changed the World	North & South Lounge
2:00	Christmas Quiz with Renee	North Dining Room
Monday, 10 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Paulini Jewellery for Christmas	North Dining Room
11:30	Foxtel -130- Mama June	North & South Lounge
1:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room
Tuesday, 11 December 2018		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Super Q Christmas Shopping	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
2:00	Foxtel -128- A place in the Sun	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 12 December 2018		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Craft / Arts	North Dining Room
10:30	Foxtel -613- Meanwhile in Australia with Nick Cummins	North & South Lounge
11:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room



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Thursday, 13 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -621- Animal Cops	North & South Lounge
10:30	Concert and Happy Hour - Jake Sings	North Dining Room
2:00	Aromatherapy and Relaxation Hand Massages	North Dining Room
Friday, 14 December 2018		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Georges Paragon Lunch	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -613- Secrets of a Space Shuttle	North & South Lounge
2:00	Karaoke Sing A Long	North Dining Room
Monday, 17 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Balance group	North Dining Room
2:00	Foxtel -614- Top Gear	North & South Lounge
2:00	Christmas Music Afternoon	North Dining Room
Tuesday, 18 December 2018		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Emerald Lakes Golf Club Morning Tea	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:30	Foxtel -608- Queen Elizabeth the 1st	North & South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge



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Wednesday, 19 December 2018		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Christmas Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
2:00	Foxtel-128- A Place In the Sun	North & South Lounge
2:00	Bingo	North Dining Room
Thursday, 20 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -613- Lost Treasures of the Snake Kings	North & South Lounge
10:30	Concert and Happy Hour - Debbie Sings	North Dining Room
2:00	Christmas Quiz	North Dining Room
Friday, 21 December 2018		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Lunch at Ashmore Tavern	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -609- The Investigator A British Crime Story	South Lounge
2:00	Aromatherapy and Relaxation Hand Massages	North Lounge
Monday, 24 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
1:30	Balance group	North Dining Room
2:00	Christmas Carols with Dale	North Dining Room
2:30	Foxtel -620- Phantom Works	North & South Lounge
Tuesday, 25 December 2018		
Christmas Day Public Holiday		



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Wednesday, 26 December 2018		
Boxing Day Public Holiday		
Thursday, 27 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -612- A Crime to Remember	North & South Lounge
10:30	Concert and Happy Hour - Double the Fun	North Dining Room
2:00	Poker Cards	North Dining Room
Friday, 28 December 2018		
9:00	Exercises	North Dining Room
10:30	Karaoke Sing A Long	North Dining Room
11:30	Foxtel -613- Challenger Disaster Lost Tapes	North & South Lounge
1:30	Ice Cream Extravaganza	North & South Lounge
Monday, 31 December 2018		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
11:00	Foxtel -106- Selling Houses Australia	North & South Lounge
1:30	Balance group	North Dining Room
2:00	How Was Everyone's Christmas- Reminiscing	North Dining Room

- **Hairdressing available by appointment Tuesday & Thursday**
- **Beauty Therapy available by appointment Wednesday**
- **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**