



Ashmore Activities Program

Friday, 1 February 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Botanical Gardens Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -128- Coast versus Country	South Lounge
2:00	Word Quiz	North Dining Room
Monday, 4 February 2019		
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	Board Games	North Dining Room
2:30	Foxtel -620- Wheeler Dealers	South Lounge
Tuesday, 5 February 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Southport Yacht Club for Lunch	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:00	Foxtel -127- Great British Menu	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 6 February 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -613- Drain the Oceans	South Lounge
10:30	Residents Meeting	North Dining Room
11:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room



Ashmore Activities Program

Thursday, 7 February 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -620- Misfit Garage	South Lounge
10:30	Concert and Happy Hour - Double The Fun	North Dining Room
1:30	Food Focus Meeting	North Dining Room
Friday, 8 February 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Scenic Drive and Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -616- How Do They Do It	South Lounge
2:00	Karaoke Sing A Long	North Lounge
Monday, 11 February 2019		
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 -127- Cake Boss	South Lounge
2:00	Poker cards	North Dining Room
Tuesday, 12 February 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Runaway Bay Shopping	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:00	Foxtel -127- Great British Menu	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge



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Wednesday, 13 February 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts - Valentines Day Theme	North Dining Room
11:30	Balance group	North Dining Room
2:00	Foxtel -614- Top Gear	South Lounge
2:00	Bingo	North Dining Room
Thursday, 14 February 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -620- Wheels that Fail	South Lounge
10:30	Concert and Happy Hour - Debbie Sings	North Dining Room
12:00	Valentines Day Lunch	North Dining Room
2:00	Word Quiz - Valentines Day Theme	North Dining Room
Friday, 15 February 2019		
9:00	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Budds Beach Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -612- Web of Lies	South Lounge
2:00	Hoy Cards	North Dining Room
Monday, 18 February 2019		
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 -127- A Place in the Sun	South Lounge
2:00	Movie Star Quiz	North Dining Room



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Tuesday, 19 February 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - New Shopping Centre at Coomera and Lunch	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:00	Foxtel -128- Buying and Selling	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 20 February 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Board Games	North Dining Room
11:30	Balance group	North Dining Room
11:30	Residents BBQ Lunch	North Outside Area
2:00	Foxtel -106- Bargain Hunt	South Lounge
2:00	Bingo	North Dining Room
Thursday, 21 February 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Concert and Happy Hour - Shayne Sings	North Dining Room
11:00	Foxtel -106- Escape to the Country	South Lounge
2:00	Word Quiz - Words starting with "PAR"	North Dining Room
Friday, 22 February 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Benowa shopping	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -622- Wild Case Files	South Lounge
1:30	Ice Cream Extravaganza	North & South Lounge



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Monday, 25 February 2019		
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 -127- Eat Well For Less	South Lounge
2:00	Pamper Afternoon	North Dining Room
Tuesday, 26 February 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Scenic Drive and Morning Tea	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:00	Foxtel -127- Great British Menu	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 27 February 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Let's Read Some Poetry	North Dining Room
11:30	Balance group	North Dining Room
2:00	Foxtel -614- Top Gear	South Lounge
2:00	Bingo	North Dining Room
Thursday, 28 February 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -620- Misfit Garage	South Lounge
10:30	Concert and Happy Hour - Susie Sings	North Dining Room
2:00	Cooking with Michelle	North Dining Room



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Ashmore Activities Program

- **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**