

Ashmore Activities Program

Wednesday, 1 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts	North Dining Room
10:30	Residents Meeting	North Dining Room
11:30	Balance group	North Dining Room
2:00	Foxtel -622- Africa's Super Snake	South Lounge
2:00	Bingo	North Dining Room
Thursday, 2 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -608- The Iron Duke Unmasked	South Lounge
10:30	Concert and Happy Hour - Mark sings	North Dining Room
1:30	Food Focus Meeting	North Dining Room
2:00	Reminiscing Afternoon about Favourite Holidays	North Dining Room
Friday, 3 May 2019		
9:00	Exercises	North Dining Room
9:30	Movie or Music DVD	North Lounge
10:30	Bus Outing \$10 - Bookings Essential - Lunch at Southport Sharks	Meet in Foyer
10:30	Foxtel -613- Airport Security Madrid	North Dining Room
2:00	Hoy Cards Game	North Dining Room
Monday, 6 May 2019		
May Day Public Holiday		
10:30	Electoral Voting Federal to 1:30	Private Dining Room
Tuesday, 7 May 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Super Q Shopping Centre	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:30	Foxtel -622- Wild Japan Snow Monkeys	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge

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Wednesday, 8 May 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
11:30	Residents BBQ- Mothers Day Theme	North Outdoor Area
2:00	Bingo	North Dining Room
2:30	Foxtel -622- Natural Born Monsters	South Lounge
Thursday, 9 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -608- The Dark Ages	South Lounge
10:30	Concert and Happy Hour - Shane sings	North Dining Room
2:00	Aromatherapy Hand Massages and Relaxation	North Dining Room
Friday, 10 May 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Ross Evans Café for Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
11:00	Foxtel -614- Fishing Impossible	South Lounge
2:00	Hoy Cards Game	North Dining Room
Monday, 13 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Morning with Pre School Kids	North Dining Room
1:30	Balance group	North Dining Room
2:40	Foxtel -620- Mighty Ships	South Lounge
2:00	Bingo	North Dining Room

Ashmore Activities Program

Tuesday, 14 May 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$12.50 - Bookings Essential - Tweed Heads Fish and Chips	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:10	Foxtel -106- Grand Designs	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 15 May 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room
2:30	Foxtel -613- Ancient X Files	South Lounge
Thursday, 16 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -622- Dr K's Exotic Animals	South Lounge
10:30	Concert and Happy Hour - Double the fun	North Dining Room
2:00	The Price is Right .. Guess The Price of Food	North Dining Room
Friday, 17 May 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Scenic Drive and Soft Serve Icecream	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:45	Foxtel -128- Love it or List it	South Lounge
2:00	Aromatherapy Hand Massages and Relaxation	North Dining Room



Ashmore Activities Program

Monday, 20 May 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 -128- A Place In The Sun	South Lounge
2:00	Craft / Arts	North Dining Room
Tuesday, 21 May 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - New Life Café Morning tea	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:00	Foxtel -612- Railroad Australia	North Dining Room
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 22 May 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
2:00	Foxtel -106 - Antiques Roadshow	South Lounge
2:00	Bingo	North Dining Room
Thursday, 23 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -613- The Border	South Lounge
10:30	Concert and Happy Hour - Susie Sings	North Dining Room
2:00	Hoy Cards Game	North Dining Room



Ashmore Activities Program

Friday, 24 May 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Star Casino for Lunch	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
2:00	Karaoke Sing a Long	North Dining Room
2:30	Foxtel -613- Bondi Rescue	South Lounge
Monday, 27 May 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
2:30	Foxtel -613- Drain the Oceans	South Lounge
2:00	Poker cards	North Dining Room
Tuesday, 28 May 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - McDonalds Lunch	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
11:30	Foxtel -608- Rise and fall of dynastys	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 29 May 2019		
9:30	Exercises & Weights	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Craft / Arts	North Dining Room
11:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room
3:30	Foxtel -613- Lost Treasures of The Maya	South Lounge



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Ashmore Activities Program

Thursday, 30 May 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
11:06	Foxtel -612- Air Rescue	South Lounge
10:30	Concert and Happy Hour - Alison Sings	North Dining Room
2:00	Cooking Lamingtons with Michelle	South Dining Room
Friday, 31 May 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Runaway Bay Shopping Centre	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel -608 - David Jason's Secret Service	South Lounge
1:30	Ice Cream Extravaganza	North & South Lounge

- **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**