



HILLVIEW
PREMIUM AGED CARE

Ashmore Activities Program

Monday, 2 September 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-106-Grand Designs	South Lounge
2:00	Word Quiz	North Dining Room
Tuesday, 3 September 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
11:35	Foxtel-127 The Great British Menu	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 4 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Resident Meeting	North Dining Room
11:00	Foxtel-614-Fishing Impossible	South Lounge
11:30	Balance group	North Dining Room
2:00	Bingo	North Dining Room
Thursday, 5 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel -622-Secrets Of The Zoo	South Lounge
10:30	Concert and Happy Hour - Double The Fun Sings	North Dining Room
2:00	Church service with Mila	North Dining Room



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Friday, 6 September 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Benowa Shops	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
2:00	Reminiscing while making Milkshakes	North Dining Room
2:30	Foxtel-613 Hitlers Last Stand	South Lounge
Monday, 9 September 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-106-Grand Designs Australia	South Lounge
2:00	Poker Cards	North Dining Room
Tuesday, 10 September 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Parkwood Tavern Lunch	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
10:30	Foxtel-Tours of Scottish Islands	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 11 September 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	Resident BBQ	North Outdoor Area
2:00	Foxtel-106-Antiques Road Show	South Lounge
2:00	Bingo	North Dining Room



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Thursday, 12 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
11:00	Foxtel-616-Mythbusters	South Lounge
10:30	Concert and Happy Hour - Debbie Sings	North Dining Room
2:00	The Price Is Right With Mila	North Dining Room
Friday, 13 September 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Buds Beach Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
2:00	Bocce	Outdoor Area
2:30	Foxtel-616-Food Factory	South Lounge
Monday, 16 September 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-614-Ross Kemp Extreme World	South Lounge
2:00	Word Quiz or Trivia	North Dining Room
Tuesday, 17 September 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - CSI Club Lunch	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
10:30	Foxtel-127 Masterchef Professionals	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge



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Wednesday, 18 September 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
3:00	Foxtel-127-Nigella at My Table	South Lounge
Thursday, 19 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel-608-Ancient Worlds	South Lounge
10:30	Concert and Happy Hour - Mark Sings	North Dining Room
2:00	Church service with Mila	North Dining Room
Friday, 20 September 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Emerald Lakes Morning Tea	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
2:00	Foxtel-106 Antique Road Show	South Lounge
2:00	Board Games	North Dining Room
Monday, 23 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Bingo	North Dining Room
2:00	Foxtel-127-Inside the Factory	South Lounge
1:30	Balance group	North Dining Room
2:00	Craft with Dale	North Dining Room



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Tuesday, 24 September 2019		
9:30	Exercises	North Dining Room
10:00	Bus Outing \$10 - Bookings Essential - Palme meadows Mecure High Morning Tea	Meet in Foyer
10:00	Movie or Music DVD	North Lounge
2:00	Foxtel-127-Eat Shop Save	South Lounge
2:00	Conversation/ Trivia Group with Nibbles or Icecream	North Lounge
Wednesday, 25 September 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-Extreme Cake Makers	South Lounge
2:00	Bingo	North Dining Room
Thursday, 26 September 2019		
9:30	Exercises	North Dining Room
10:00	Social Morning Tea & News	North Dining Room
10:30	Foxtel-612-How Do They Do It	South Lounge
10:30	Concert and Happy Hour - Shane Sings	North Dining Room
2:00	Aromatherapy Relaxation and Massages	North Dining Room
Friday, 27 September 2019		
9:00	Exercises	North Dining Room
9:30	Bus Outing \$10 - Bookings Essential - Scenic Bus Drive	Meet in Foyer
9:30	Movie or Music DVD	North Lounge
10:30	Foxtel-608-Secrets Of Britian	South Lounge
1:30	Ice Cream Extravaganza	North and South



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Monday, 30 September 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-614-Ross Kemp Heartlands	South Lounge
2:00	Craft with Dale	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**