



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Monday, 1 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Mens Golf Beer and Lunch at Emerald Lakes Golf Club	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Melbourne Cup Trivia with Jo	Level 2 Sunroom
<b>Tuesday, 2 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Melbourne Cup game	Level 3 Out door Area
10:30	Garden Walks with Lifestyle	Ground Floor
12:00	Melbourne Cup Lunch	All Floors
2:00	Lets watch the Melbourne Cup over a glass of Champagne	All Floors
<b>Wednesday, 3 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft with Jess and Ash	Level 2 Dining Room
2:00	Movie Happy Hour nibbles and wine	Level 1,2 Lounge Room
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Thursday, 4 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Mens Group - Model Cars	Level 3 Lounge Room
2:00	Lets play Scrabble	Level 2 Dining Room

## Merrimac Activities Program

<b>Friday, 5 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Ground
2:00	Concert and Happy Hour - Amanda Sings	Gooding Centre
<b>Monday, 8 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Morning Tea and a Walk at Benowa Gardens	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Name that Tune	Level 2 Sunroom
2:00	Mobile Library	All Floors
<b>Tuesday, 9 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Jenga	Level 2 Sunroom
3:00	Concert Dvd	Level 1 Lounge Room
<b>Wednesday, 10 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Craft - \$2 for craft supplies	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Bean Bag Toss	Level 3 Out door Area
<b>Thursday, 11 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Remembrance Day Service	Ground Floor Café Area
10:30	Concert Dvd	Level 1,2,Lounge Room
2:00	Mens Group Golf and a Beer	Level 3 outdoor Area
2:00	Flower pressing with Vanessa	Level 2 breezway



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## Merrimac Activities Program

<b>Friday, 12 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Aromatherapy and Massages with Amanda and Vanessa	Level 2 Lounge Room
2:00	Concert and Happy Hour - Micheal Jay Sings	Gooding Centre
3:00	Movies	Level 1,2,3 Lounge Room
<b>Monday, 15 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Q Super store Shopping and Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Mobile Library with Amanda	Ground Activities Room
2:00	Trivia Quiz with Jo	Level 2 Sunroom
<b>Tuesday, 16 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Poetry with Robbie	Level 2 Sunroom
3:00	Movies	Level 1,2,3 Lounge Room
<b>Wednesday, 17 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Craft - \$2 for craft supplies with Jess and Ash	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Movie Happy Hour nibbles and wine	Level 1,2,Lounge Room
2:00	Mobile Library with Chloe	All Floors

## Merrimac Activities Program

<b>Thursday, 18 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Lets learn how to play Poker	Level 2 Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Friday, 19 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Christines Clothes Shopping and accessories	Gooding centre
2:00	Concert and Happy Hour - Terry Sings	Gooding Centre
<b>Monday, 22 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Hota Art Gallery Morning Tea	Meet at Reception Bookings Essential
10:30	Social Morning Tea	café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Mobile Library with Amanda	Ground Activities Room
2:00	Trivia quiz with Jo	Level 2 Sunroom
<b>Tuesday, 23 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Cooking with Dora	Level 2 Dining Room
2:00	Mobile Library with Chloe	All Floors
<b>Wednesday, 24 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Reminiscing and Quotes from our Elderly with Chloe	Level 2 Breezway
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Movie Happy Hour nibbles and wine	Level 1,2,Lounge Room



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## Merrimac Activities Program

<b>Thursday, 25 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Movember Mens group a beer and a Chat - And who grew the best Mo	Level 3 outdoor Area
2:00	Ladies Afternoon chit chat Champagne and Hand Massage	Level 2 Sunroom
<b>Friday, 26 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Scrabble Challenge	Level 2 Dining Room
10:30	Concert and Happy Hour -Mark Sings	Gooding Centre
<b>Monday, 29 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Mudgeeraba Village Morning Tea	Meet at Reception Bookings Essential
10:30	Social Morning Tea	café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Trivia Quiz with Jo	Level 2 Sunroom
2:00	Mobile Library with Jess	All Floors
<b>Tuesday, 30 November 2021</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
10:30	Mobile Library	All Floors
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Icream Extravaganza	All Lounge Areas and Rooms



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## Merrimac Activities Program

- **Foxtel available every day in all levels lounge areas, please see a staff member to assist with program selection**
  - **Hairdressing and Beauty Therapy available by appointment**  
**For bookings contact 5559 3226**
  - **The Library has moved and is located in each Sunroom on Level 1, 2 and 3. If you require any help Lifestyle are happy to assist.**
  - **To book bus trips:**  
**Please contact Reception or the Lifestyle team on 5559 3222 or email**  
**Lifestyle@hillviewcare.com.au**
  - **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**
- Café Open Weekdays 10am -2pm, Weekends 10am -1pm (excluding public holidays)**