



HILLVIEW
PREMIUM AGED CARE

Merrimac Activities Program

Friday, 1 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
12:00	Uk Lunch theme	All Floors
1:30	Concert and Happy Hour - Wendy Sings	Gooding Centre
Monday, 4 July 2022		
AMERICAN INDEPENDENCE DAY		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Greenday Café Lunch trip	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Quiz with Jo	Level 2 Sunroom
2:00	Sunshine Massages and our favorite tunes in our fall out chairs	Level 2 Breezway
Tuesday, 5 July 2022		
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	Music DVD	Level 1 Lounge Room
2:00	Table Bowls	Level 2 Breezway
Wednesday, 6 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft -Paint your own Boomerang for Naidoc Week	Level 2 Breezway
2:00	Movie/Happy Hour with Nibbles or Icecream & Glass of Wine	Level 2 Lounge
2:00	Music Concert DVD	Level 1 Lounge Room

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Thursday, 7 July 2022		
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
1:30	Mens Group Bus Trip with James -Beer and a chat Merrimac Tavern	Meet at Reception
2:00	Ball Drumming to Music	Level 2 Sunrrom
Friday, 8 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert and Happy Hour - Mark Dean Sings	Gooding Centre
Monday, 11 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 -Super Q Store Shopping Trip Morning Tea	Meet at Reception Bookings Essential
10:30	Lets play Scrabble	Level 2 dining Room
2:00	Trivia Quiz with Jo	Level 2 Sunroom
2:00	Sunshine Massages and our favorite tunes in our fall out chairs	Level 1 Breezway
Tuesday, 12 July 2022		
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	Movie DVD	Level 1 Lounge Room
2:00	Poetry with Robbie	Level 2 Sunroom



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Wednesday, 13 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Jenga	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Movie/Happy Hour with Nibbles or Icecream & Glass of Wine	Level 2 Lounge
Thursday, 14 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo- Christmas Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
12:00	Christmas in July Lunch	All Floors
2:00	Ten Pin Bowling	Level 3 Outdoor Area
Friday, 15 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert Happy Hour - Mark Day Sings	Gooding Centre
Monday, 18 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -St Bernards Hotel Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Level 3 Outdoor Area
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Trivia Quiz with Jo	Level 2 Sunroom



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Tuesday, 19 July 2022		
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	Cooking with Dora	Level 2 Dining Room
Wednesday, 20 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Poker Cards	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream & Glass of Wine	Level 2 Lounge
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, 21 July 2022		
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
12:00	Level 3 BBQ	Level 3 Outdoor Area
2:00	Lets read a Book Together -Book Club	Level 2 Sunroom
2:00	Mens Group with James	Level 3 Outdoor Area
Friday, 22 July 2022		
	PYJAMA DAY	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert Happy Hour - Terry Singings	Gooding Centre



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Monday, 25 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Morning Tea Macintosh Park	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Trivia Quiz with Jo	Level 2 Sunroom
2:00	Hoy Cards	Level 2 Dining Room
Tuesday, 26 July 2022		
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	Residents Meeting	Ground Activity Room
Wednesday, 27 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Garden Walks with Lifestyle	Ground Activity Room
10:30	Craft- Lets Make Creative Light Bottles	Level 2 Dining Room
2:00	Movie Happy/ Hour nibbles and Drinks	Level 2 Lounge Room
Thursday, 28 July 2022		
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	Table Bowls	Level 2 Breezeway
2:00	Lets Do a Crossword or Word Search together	Level 2 Dining Room



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Friday, 29 July 2022		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert and Happy Hour - Amanda Sings Opera	Gooding Centre

- **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)