

## Merrimac Activities Program

<b>Wednesday, 1 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft- Melbourne Cup	Level 2 Breezway
10:30	Mens Group with Tom at Café Lily	Café Lily
2:00	Happy Hour Movies and Nibbles	Level 2 Lounge Room
<b>Thursday, 2 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Hillview Shopping Trolley	All Floors
2:00	Balloon Volley Ball	Level 3 Lounge Room
<b>Friday, 3 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Round Robin Table Games	Gooding Centre
10:30	Catholic Church	Level 2 Sunroom
2:00	Concert and Happy Hour - Dave Sings	Gooding Centre
<b>Monday, 6 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - North Burleigh Surf Club Lunch	Meet at Reception Bookings Essential
10:30	Mens Club with Tom in Memory Care	Memory care
10:30	Anglican Church Service (Church of England)	Level 3 Sunroom
2:00	Relaxation and Meditation with Vanessa	Level 2 Sunroom
<b>Tuesday, 7 November 2023</b>		
<b>MELBOURNE CUP RACE DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Melbourne Cup Race Game	Gooding Centre
2:00	Melbourne Cup Race with Champagne and Cheese Board	Level 1,2,3 Lounge Room

## Merrimac Activities Program

<b>Wednesday, 8 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Jenga	Level 1 Sunroom
10:30	Mens Group with Tom - Billiards	Gooding Centre
2:00	Movie Happy Hour and Ice Cream	Level 2 Lounge Room
<b>Thursday, 9 November 2023</b>		
<b>REMEMBRANCE DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Remembrance Day Service	Café Lily outdoor Area
2:00	Bingo	Level 2 Dining Room
2:00	Movie DVD	Level 1 Lounge
<b>Friday, 10 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Catholic Church	Level 2 Sunroom
10:30	Round Robin Table Games	Level 2 Breezway
2:00	Music DVD	Level 1 Lounge Room
2:00	Concert Happy Hour - Mark Dean Sings	Gooding Centre
<b>Monday, 13 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Lunch at O'Reillys Canungra Valley Vineyard	Meet at Reception Bookings Essential
2:00	Relaxation and Meditation with Vanessa	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Tuesday, 14 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden walk with Wheelchairs	Ground
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Movie DVD	Level 1 Lounge Room

## Merrimac Activities Program

<b>Wednesday, 15 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Wheelchair Garden walks	Ground
10:30	Mens Club with Tom - Ball Drumming To Music	Level 1 Lounge Room
2:00	Wheelchair Garden Walks	Ground
2:00	Movie Happy Hour and Ice Cream	Level 2 Lounge Room
<b>Thursday, 16 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
12:00	Level 2 BBQ	Level 2 Breezway
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Concert and Happy Hour - Kerrie Sings	Gooding Centre
2:00	Concert DVD	Level 1 Lounge Room
<b>Friday, 17 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Round Robin Table Games	Gooding Centre
10:30	Catholic Church	Level 2 Sunroom
2:00	Board Games	Level 2 Dining Room
<b>Monday, 20 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Christmas Shopping and Lunch Stocklands Mall	Meet at Reception Bookings Essential
2:00	Relaxation and Meditation with Vanessa	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Tuesday, 21 November 2023</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	Reminiscing afternoon sharing life stories	Level 2 Sunroom



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Wednesday, 22 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Christmas Craft	Level 2 Breezway
10:30	Garden wheelchair walks	Ground
2:00	Movie Happy Hour and Ice Cream	Level 2 Sunroom
<b>Thursday, 23 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Social Morning Tea	Café Lily
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Paint and sip - Christmas Painting	Level 2 Breezway
2:00	Music DVD	Level 1 Sunroom
<b>Friday, 24 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Welcome to our Annual Christmas Markets	Hillview Garden
10:30	Catholic Church	Level 2 Sunroom
2:00	Concert and Happy Hour - Gina Sings	Gooding Centre
<b>Monday, 27 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Super Q Store Shopping and Mornming Tea	Meet at Reception Bookings Essential
2:00	Trivia Quiz	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Tuesday, 28 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Residents Meeting	Ground Floor
10:30	Wheelchair Garden Walks	Ground
2:00	Board Games Scrabble Rummikubs Card Games	Level 2 Dining Room
2:00	Movie DVD	Level 1 lounge Room

## Merrimac Activities Program

<b>Wednesday, 29 November 2023</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft - Christmas Craft making Christmas cards	Level 2 Breezway
10:30	Wheelchair Garden Walks	Ground
2:00	Happy Hour Movies and Nibbles	Level 1,2,3, Lounge Room
2:00	Movie DVD	Level 1 Lounge Room
<b>Thursday, 30 November 2023</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
2:00	Ball Drumming to Music	Level 2 Sunroom
2:00	Balloon Volleyball	Level 1 Sunroom

- **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 the Level 3 Sunroom. 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](mailto:Lifestyle@hillviewcare.com.au)**

- **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**

- **Café Open 7 days 9:30am -1:30pm (CLOSED on public holidays)**