



## Merrimac Activities Program

Friday, March 1, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Table Bowls	Level 2 Breezway
2:00	Concert Seekers You Tube	Level 1 Lounge Room
2:00	Concert and Happy Hour - Mark Dean Sings	Gooding Centre
Monday, March 4, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Wildlife Reptile Show	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Bingo	Level 2 Dining Room
Tuesday, March 5, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Poetry with Robbie	Level 2 Sunroom
10:30	Social Morning Tea	Café Lily
2:00	Exercises with Annie	Level 3 Lounge Room
2:00	Gardening - Watering our Veggie Gardens and discussing Favourite Flowers	Level 2 Breezway
2:00	Relaxation and Meditation with Vanessa and AO	Level 3 Sunroom
Wednesday, March 6, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Morning Tea Emerald Lakes Golf Club	Meet at Reception Bookings Essential
10:30	Table Bowls	Level 2 Breezway
2:00	Trivia word Quiz	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor



## Merrimac Activities Program

Thursday, March 7, 2024		
9:15	Local Election Voting	Gooding Centre
10:30	Concert DVD	Level 1,2,3,Lounge Room
2:00	Bingo	Level 2 Dining Room
2:00	Colouring In and Relaxation	Ground East
2:00	Shopping Trolley	All Floors
Friday, March 8, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing - Aldi Shopping Mudgeeraba	Meet at Reception Bookings Essential
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Jenga	Level 1 Sunroom
2:00	Movie DVD	All Floors
2:00	Concert and Happy Hour - Marina Sings	Gooding Centre
Monday, March 11, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Cooking	Ground East
2:00	Bingo	Level 2 Dining Room
2:00	You Tube Celtic Woman	Level 1,2,3,Lounge Room
Tuesday, March 12, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Mudgeeraba Special School Chior	Gooding Centre
2:00	Racket Volley Ball	Level 1 Sunroom
2:00	Arm Chair Travel - Lets go to Ireland	Level 2 Lounge Room



## Merrimac Activities Program

Wednesday, March 13, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Burleigh British Chippy Lunch Tree Tops	Meet at Reception Bookings Essential
10:30	Craft - St Patricks Day Craft	Level 2 Breezway
2:00	Table Bowls	Level 2 Breezway
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, March 14, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Pop Up Shop Bodyshop	Ground Floor
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
Friday, March 15, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus outing -Super Qstore Shopping and Morning Tea	Meet at Reception Bookings Essential
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Concert and Happy Hour - The Cowboy Sings	Gooding Centre
Monday, March 18, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Cooking with Jess	Ground East
10:30	Bingo Bonanza with Ashmore Residents	Gooding Centre
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Casino Games ,Poker Roulette	Gooding Centre
Tuesday, March 19, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Trivia word Quiz with Robbie	Level 2 Sunroom
10:30	Social Morning Tea	Café Lily
2:00	Relaxation and Meditation with Vanessa and AO	Level 2 Sunroom
2:00	Wheelchair walks in the Garden	Ground Garden



## Merrimac Activities Program

Wednesday, March 20, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Hogs Breath Café Southport Lunch	Meet at Reception <del>Bookings Essential</del>
10:30	Snakes and Ladder Game	Level 2 Dining Room
2:00	Hoy Cards	Level 1 Dining Room
2:00	Ball Drumming To Music	Level 2 Sunroom
Thursday, March 21, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair walks in the Garden	Ground Gardens
12:00	Enchanted Fairy Garden High Tea Lunch	Ground Café Area
1:30	Special Movie "The Secret Garden "	Level 2 Lounge Room
2:00	You Tube David Attenborough	Level 1,3,Lounge Room
Friday, March 22, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Chemist Wharehouse Carrara	Meet at Reception <del>Bookings Essential</del>
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Table Bowls	Level 2 Breezway
2:00	Concert and Happy Hour - Gina Sings	Gooding Centre
Monday, March 25, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Jenga	Level 1 Sunroom
2:00	Movie on the Big Screen Happy Hour	Gooding Centre
2:00	Wheelchair Walks in the Garden	Ground Gardens



## Merrimac Activities Program

Tuesday, March 26, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Residents Meeting	Ground Floor
2:00	Reminiscing afternoon Chit Chat and a drink	Level 3 Outdoor Area
2:00	Colouring In and Relaxation	Level 1 Dining Room
2:00	Exercise Fun with Annie	Level 3 Lounge Room
Wednesday, March 27, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Morning tea and The Movies ( A Wicked Little Letter )	Meet at Reception Bookings Essential
10:30	Trivia Quiz	Level 2 Sunroom
2:00	Shuffle Board	Gooding Centre
2:00	Music Sing a long	Ground East
Thursday, March 28, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo-Easter Bingo	Level 2 Dining Room
10:30	Colouring In and Relaxation Easter theme	Ground East
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Macrame Craft with Jenny and Chloe	Level 2 Breezway
2:00	Movie You Tube " Peter Rabbit "	Level 1,2,3,Lounge Room
Friday, March 29, 2024		
<b>PUBLIC HOLIDAY GOOD FRIDAY</b>		



## 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](mailto: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)