




## Merrimac Activities Program

<b>Monday, July 1, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Garden Walks with Lifestyle	Café Lily
2:00	Bingo	Level 2 Dining Room
2:00	Hoy Cards	Level 1 Dining Room
<b>Tuesday, July 2, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Word Quiz Trivia	Level 2 Sunroom
10:30	Balloon Volleyball	Level 1 Sunroom
2:00	Relaxation Meditation and Massages with Ao & Vanessa	Level 1 Sunroom
2:00	Gentle Exercises with Annie	Ground East
<b>Wednesday, July 3, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Star Casino Game Play and Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea and Chit Chat	Café Lily
2:00	Jenga	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Thursday, July 4, 2024</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	Hit the Golf Scores	Level 3 Outdoor Area
2:00	Colouring & Relaxation	Ground East



## Merrimac Activities Program

Friday, July 5, 2024		
	 <b>WORLD CHOCOLATE DAY</b>	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 - Giant Chemist, Silly Sollys and Salvos Shopping	Meet at Reception Bookings Essential
10:30	Shuffle Board	Ground Floor
10:30	Roman Catholic Church	Level1 Sunroom
2:00	Concert and Happy Hour - Mark Dean Sings (Hot Chocolate all around )	Gooding Centre
Monday, July 8, 2024		
	<b>NAIDOC WEEK</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	Movie Happy Hour on The Big Screen - The Last Letter From Your Lover	Gooding Centre
2:00	Hoy Cards	Level 1 Dining Room
Tuesday, July 9, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Karaoke Sing-a-long (YouTube )	Level 2 Lounge Room
10:30	Volleyball Tennis	Level 1 Sunroom
2:00	Piano with Alyssa	Gooding Centre
2:00	Gentle Exercise with Annie	Ground East
Wednesday, July 10, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Sobah Bush Tuckers Brewery Lunch	Meet at Reception Bookings Essential
10:30	Naidoc Craft Painted Boomerangs	Level 2 Breezway
2:00	Arm Chair Travel - Indigenous Culture	Level 2 Lounge Room
2:00	Garden Walks with Lifestyle	Ground Floor



## Merrimac Activities Program

Thursday, July 11, 2024		
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 Jenny and Kaeleigh - Strawberry Chocolate Star Pops	Level 2 Dining Room
2:00	Colouring Relaxation	Level 1 Dining Room
Friday, July 12, 2024		
<b>PYJAMA DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Shuffle Board	Ground Floor
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Gina Sings	Gooding Centre
Monday, July 15, 2024		
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 Happy Hour on The Big Screen	Gooding Centre
2:00	Hoy Cards	Level 1 Dining Room
Tuesday, July 16, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Pop Up Shop - Jewellery, Clutch Bags, Creams & More	Ground Floor
2:00	Volley Ball Tennis	Level 1 Sunroom
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Wheelchair walks	Ground Floor



## Merrimac Activities Program

<b>Wednesday, July 17, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - George's Paragon Seafood Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Trivia Quiz	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Thursday, July 18, 2024</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
12:00	BBQ Lunch - Level 2 Breezway	Level 2 Breezway
2:00	Afternoon Craft with Jenny and Ashliegh	Level 2 Breezway
2:00	Jenga	Level 1 Sunroom
<b>Friday, July 19, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 - Scenic Drive Ground East Residents	Meet at Reception Bookings Essential
10:30	Shuffle Board	Ground Floor
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Chris Sings and plays Guitar	Gooding Centre
<b>Monday, July 22, 2024</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo Bonanza	Gooding Centre
10:30	Social Morning Tea	Café Lily
2:00	Wheelchair walks	Ground Floor
2:00	Movie Happy Hour on the big Screen	Gooding Centre



## Merrimac Activities Program

Tuesday, July 23, 2024		
🎄 ❄️ CHRISTMAS IN JULY 🎄 ❄️		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Trivia Quiz with Robbie	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
12:00	🎄 ❄️ Christmas in July Lunch 🎄 ❄️	All Floors
2:00	Aromatherapy Relaxation and Massages with Vanessa and Ao	Level 1 Sunroom
2:00	YouTube Concert " The Everly Brothers "	All Floors
Wednesday, July 24, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -Super Q Store Shopping and Coffee	Meet at Reception Bookings Essential
10:30	Social Morning Tea Café Lily	Café Lily
2:00	Golf Target	Level 3 Outdoor Area
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, July 25, 2024		
INTERNATIONAL CHEESE & WINE DAY		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair Walks and a Coffee	Ground Floor
12:50	High School Student Volunteers visit	All Floors
2:00	Wine and Cheese Platter with a few tunes for INTERNATIONAL WINE & CHEESE DAY	Level 3 Dining Room
Friday, July 26, 2024		
PARIS OLYMPIC GAMES BEGIN		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 - Scenic Bus Drive and Morning Tea Ground East Residents	Meet at Reception Bookings Essential
10:30	Shuffle Board - Playing for an Olympic Medal	Ground Floor
10:30	Roman Catholic Church	Level1 Sunroom
2:00	Concert and Happy Hour - Paul Sings	Gooding Centre



## Merrimac Activities Program

Monday, July 29, 2024		
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	Movie Happy Hour on the Big screen	Gooding Centre
2:00	Card Games with Vanessa	Level 1 Dining Room
Tuesday, July 30, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Residents Meeting	Ground Floor
2:00	Cooking with Kaeleigh and Ao	Level 2 Dining Room
2:00	Wheel chair walks	Ground Floor
2:00	Poetry with Robbie	Level 2 Sunroom
Wednesday, July 31, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Men's Lunch and a Beer at Merrimac Tavern	Meet at Reception Bookings Essential
10:30	Word Quiz - Olympics	
2:00	Casino Games	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor



## 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 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 from 9:30 - 1:30pm (excluding public holidays)