




Merrimac Activities Program

	Thursday, August 1, 2024	
	HORSES BIRTHDAY	
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground
10:30	Music Sing-a-Long	Ground East
12:50	High School Students visit	All Floors
2:00	Horse Racing Game	Level 2 Dining Room
2:00	Bean Bag Toss	Level 1 Sunroom
	Friday, August 2, 2024	
	 INTERNATIONAL BEER DAY 	
9:45	Bus Outing \$10 - Q Centre Shopping and Coffee	Meet at Reception Bookings Essential
9:30	Shuffle Board	Ground
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Marina Sings, Enjoy a Beer for International Beer day	Gooding Centre
	Monday, August 5, 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
10:30	Relaxing Colouring Activity	Ground East
1:30	Movie Happy Hour On The Big Screen	Gooding Centre
2:00	Hoy Cards	Level 1 Dining Room

Merrimac Activities Program

	Tuesday, August 6, 2024	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Olympics Trivia Quiz	Level 2 Sunroom
10:30	Board Games	Level 1 Dining Room
10:30	Garden Walks with Lifestyle	Ground
1:45	Gentle Exercises with Annie	Ground East
2:00	Aromatherapy Relaxation and Massages with Vanessa and Ao	Level 1 Sunroom
2:00	Karaoke	Ground East
	Wednesday, August 7, 2024	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Morning Tea with pre-schoolers at SUNS Kool Beanz	Meet at Reception Bookings Essential
10:30	Social Morning Tea and chit chat	Café Lily
2:00	Craft with Ashley and Kaeleigh	Level 2 Breezway
2:00	Let's Watch the Paris Olympics	Level 2 Lounge Room
2:00	Puzzles	Ground East
	Thursday, August 8, 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
10:30	Music Sing-a-Long	Ground East
12:50	High School Students visit	All Floors
2:00	Paint 'n Sip with Chloe	Level 2 Breezway
2:00	Bean Bag Toss	Level 1 Sunroom



Merrimac Activities Program

	Friday, August 9, 2024	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 -Super Q Shopping Centre	Meet at Reception Bookings Essential
10:30	Table Bowls	Level 2 Breezway
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Gina Sings	Gooding Centre
	Monday, August 12, 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	Volleyball Tennis	Level 1 Sunroom
	Tuesday, August 13, 2024	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Shuffle Board	Ground Floor
10:30	Garden Walks with Lifestyle	Ground Floor
10:30	Board Games and Puzzles	Level 1 Dining Room
1:45	Garden Walks with Annie	Ground East
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	YouTube "The Carpenters"	All Floors
	Wednesday, August 14, 2024	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - The River Mill Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Guess Who	Level 2 Sunroom
2:00	Garden Walks with Lifestyle	Ground



Merrimac Activities Program

Thursday, August 15, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Karaoke Sing a Long - Come along and share some tunes with everyone	Level 1 Lounge Room
12:00	Residents BBQ Level 1	Level 1 Breezway
1:50	High School Students visit	All Floors
2:00	Cooking with Jenny and Chloe	Level 2 Dining Room
2:00	Golf Target Game with Ash and Kaeleigh	Level 3 Outdoor Area
Friday, August 16, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 - Silly Solly's, Chemist and Opp Shop	Meet at Reception Bookings Essential
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Paul Sings	Gooding Centre
Monday, August 19, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Casino Games	Gooding Centre
2:00	Board games	Ground Dining Room
2:00	YouTube "Pavarotti"	Level 1 Dining Room

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Tuesday, August 20, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing - Twin Towns Tony Bennett Special Show	Meet at Reception Bookings Essential
10:30	Scrabble Games	Level 2 Dining Room
10:30	Relaxing Colouring Activity	Ground East
1:45	Gentle Exercises with Annie	Ground East
2:00	Relaxation Meditation and Massages with Vanessa and Ao	Level 1 Sunroom
Wednesday, August 21, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft with Ashley and Ao	Level 2 Breezway
10:30	Wheelchair Walks	Ground Floor
2:00	Hoy Cards	Level 2 Dining Room
2:00	Music therapy	Ground East
Thursday, August 22, 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
1:50	High School Students visit	All Floors
2:00	Cooking with Jenny and Kaeleigh	Level 2 Dining Room
2:00	Dominoes	Level 1 Dining Room
Friday, August 23, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing \$10 - Emerald Lakes Golf Club Morning Tea	Meet at Reception Bookings Essential
10:30	Table Bowls	Level 2 Breezway
10:30	Roman Catholic Church	Level1 Sunroom
2:00	Concert and Happy Hour - Mark Dean Sings	Gooding Centre

Merrimac Activities Program

Monday, August 26, 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	Bean Bag Toss	Level 3 Outdoor Area
2:00	YouTube "The Seekers"	Level 1 Lounge Room
Tuesday, August 27, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident's Meeting	Ground Floor
10:30	Relaxing Colouring Activity	Ground East
2:00	Casino Games	Gooding Centre
2:00	Raquet Volleyball	Level 1 Sunroom
Wednesday, August 28, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Let's Go to The Movies "The Way, My Way"	Meet at Reception Bookings Essential
10:30	Craft with Ao	Level 2 Breezway
2:00	Table Bowls	Level 2 Breezway
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, August 29, 2024		
	HILLVIEW SHOW DAY!	
10:30	Carnival Day - Games, Show Bags, Baby Animal Farm	Café Outdoor Area
1:50	High School Students visit	All Floors
2:00	Karaoke Sing-a-Long: Come along and share some tunes with everyone	Level 2 Lounge Room
Friday, August 30, 2024		
GOLD COAST SHOW DAY PUBLIC HOLIDAY		



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
 - DVDs/Videos available for weekends on request from the Leisure & Lifestyle department
- Café Open 7 Days from 9:30 - 1:30pm (excluding public holidays)