



Merrimac Activities Program

| Tuesday, October 1, 2024 | | |
|-------------------------------------------|---------------------------------------------------|--------------------------------------|
| INTERNATIONAL DAY OF OLDER PERSONS | | |
| 9:30 | Special Exercise to Music | Level 3 Dining Room |
| 10:30 | Trivia Quiz | Level 2 Sunroom |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | You Tube Music Concert 60s | All Floors |
| 2:00 | Special Afternoon Tea for Day of the Older Person | Level 3 Outdoor Area |
| Wednesday, October 2, 2024 | | |
| 10:30 | Bus Outing \$10 - Lunch at CSI Club | Meet at Reception Bookings Essential |
| 10:30 | Social Morning Tea | Café Lily |
| 2:00 | Volley Ball Tennis | Level 2 Sunroom |
| 2:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Garden Walks with Lifestyle | Ground Floor |
| Thursday, October 3, 2024 | | |
| 9:30 | Special Exercise to Music | Level 2 & 3 Lounge |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Garden Walks with Lifestyle | Ground |
| 2:00 | Paint and Sip | Level 2 Breezway |
| 2:00 | Let's Play Card Games | Level 2 Dining Room |
| Friday, October 4, 2024 | | |
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 9:45 | Bus Outing \$10 - Silly Sollys | Meet at Reception Bookings Essential |
| 10:30 | Roman Catholic Church | Level 1 Sunroom |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Concert and Happy Hour - Paul Gulinello Sings | Gooding Centre |
| Monday, October 7, 2024 | | |
| KING'S BIRTHDAY PUBLIC HOLIDAY | | |



HILLVIEW
PREMIUM AGED CARE

Merrimac Activities Program

| Tuesday, October 8, 2024 | | |
|-----------------------------------|----------------------------------------------|--------------------------------------|
| 9:30 | Special Exercise to Music | Level 3 Dining Room |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | Aromatherapy Relaxation and Massages | Level 1 Sunroom |
| 2:00 | YouTube Concert Neil Diamond | All Floors |
| Wednesday, October 9, 2024 | | |
| 10:30 | Bus Outing \$10 - Super Q Shopping | Meet at Reception Bookings Essential |
| 10:30 | Social Morning Tea | Café Lily |
| 2:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Colouring Art and Chit Chat | Level 2 Dining Room |
| Thursday, October 10, 2024 | | |
| 9:30 | Special Exercise to Music | Level 2 & 3 Lounge |
| 9:30 | Maizie visits for Puppy Therapy | All Floors |
| 10:30 | Bingo | Level 2 Dining Room |
| 2:00 | Afternoon craft with Jenny and Kaeleigh | Level 2 Breezway |
| 2:00 | Hoy cards with Vanessa | Level 2 Dining Room |
| Friday, October 11, 2024 | | |
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 9:45 | Bus Outing \$10 - Benowa Gardens Morning Tea | Meet at Reception Bookings Essential |
| 10:30 | Roman Catholic Church | Level1 Sunroom |
| 10:30 | Shuffle Board | Ground |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Concert and Happy Hour - Mark Dean Sings | Gooding Centre |

Merrimac Activities Program

| Monday, October 14, 2024 | | |
|------------------------------------|--------------------------------------------------------------|--------------------------------------|
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Garden Walks with Lifestyle | Ground |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Movie Happy Hour on the Big Screen | Gooding Centre |
| 2:00 | Large Dominoes | Level 1 Dining Room |
| Tuesday, October 15, 2024 | | |
| 9:30 | Special Exercise to Music | Level 3 Dining Room |
| 10:00 | Milkshakes and Reminiscing with Ao and Vanessa | Ground outdoor Area |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | Poetry with Robbie | Level 2 Sunroom |
| 2:00 | Colouring Art and Chit Chat | Ground Dining Room |
| Wednesday, October 16, 2024 | | |
| 9:30 | Bus Outing \$10 - SUNS Kool Beanz Child Care for Morning Tea | Meet at Reception Bookings Essential |
| 10:00 | Social Morning Tea | Café Lily |
| 2:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Shuffle Board | Ground Floor |
| Thursday, October 17, 2024 | | |
| 9:30 | Special Exercise to Music | Level 2 & 3 Lounge |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Wheelchair walks | Ground |
| 2:00 | Ball Drumming to Music | Level 2 Sunroom |
| 2:00 | Hoy Cards | Ground Dining Room |



Merrimac Activities Program

| Friday, October 18, 2024 | | |
|------------------------------------|-----------------------------------------------------------|--------------------------------------|
| 9:30 | Exercise Group with Kym | Gooding centre |
| 9:45 | Bus Outing \$10 - Scenic Drive and Coffee | Meet at Reception Bookings Essential |
| 10:00 | Social Morning Tea | Café Lily |
| 10:30 | Roman Catholic Church | Level 2 Sunroom |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Concert and Happy Hour - Gina Sings | Gooding Centre |
| Monday, October 21, 2024 | | |
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Wheelchair walks | Ground |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Happy Hour Movie on the Big Screen | Gooding Centre |
| 2:00 | Hoy Cards | Level 2 Dining Room |
| Tuesday, October 22, 2024 | | |
| 9:30 | Special Exercise to Music | Level 3 Dining Room |
| 10:30 | Jenga | Level 3 Lounge Room |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | Aromatherapy Relaxation and Massages | Level 2 Sunroom |
| 2:00 | YouTube Concert Johnny Cash | All Floors |
| Wednesday, October 23, 2024 | | |
| 10:30 | Bus Outing \$10 - Burleigh Heads Fish & Chips in the Park | Meet at Reception Bookings Essential |
| 10:30 | Halloween Craft | Level 2 Breezway |
| 2:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Trivia Quiz | Level 2 Sunroom |
| 2:00 | Garden Walks with Lifestyle | Ground Floor |



Merrimac Activities Program

| Thursday, October 24, 2024 | | |
|-----------------------------------|-------------------------------------------|--------------------------------------|
| 9:30 | Special Exercise to Music | Level 2 & 3 Lounge |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Garden Walks with Lifestyle | Ground |
| 12:00 | Ground BBQ Ground Residents | Ground Floor |
| 2:00 | Cooking with Jenny and Kaeleigh | Level 2 Dining Room |
| 2:00 | Volley Ball Tennis | Level 3 Sunroom |
| Friday, October 25, 2024 | | |
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 9:45 | Bus Outing \$10 - Let's Go Eat Pizza! | Meet at Reception Bookings Essential |
| 10:30 | Golf Game | Level 3 Outdoor Area |
| 10:30 | Roman Catholic Church | Level1 Sunroom |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Concert and Happy Hour - Chris Bent Sings | Gooding Centre |
| Monday, October 28, 2024 | | |
| 9:30 | Exercise Group with Kym | Gooding Centre |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Social Morning Tea | Café Lily |
| 11:00 | Exercise Group with Kym | Gooding Centre |
| 2:00 | Movie Happy Hour on the Big Screen | Gooding Centre |
| 2:00 | Board Games | Level 2 Dining Room |
| Tuesday, October 29, 2024 | | |
| 9:30 | Special Exercise to Music | Level 3 Dining Room |
| 10:30 | Residents Meeting and Food Focus Meeting | Ground Floor |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | Board Games | Level 3 Dining Room |
| 2:00 | Colouring Art and Chit chat | Level 2 Dining Room |



Merrimac Activities Program

| Wednesday, October 30, 2024 | | |
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| 9:30 | Exercises to Music | Level 1 and 2 Lounge |
| 10:00 | Morning Tea with Happy Days Disability Support Service | Gooding Centre |
| 10:30 | Diwali Craft for Diwali Day | Level 2 Breezway |
| 2:00 | Who Am I | Level 2 Sunroom |
| 2:00 | Garden Walks with Lifestyle | Ground Floor |
| Thursday, October 31, 2024 | | |
| 9:30 | Special Exercise to Music | Level 1 and 2 Lounge |
| 10:30 | Bingo | Level 2 Dining Room |
| 10:30 | Garden Walks with Lifestyle | Ground Floor |
| 2:00 | YouTube The Adams Family Movie | lounges |
| 2:00 | Reminscing and Funny Jokes | Level 2 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 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)