

Merrimac Activities Program

Monday, December 2, 2024		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
11:00	Exercise Group with KYM	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Meditation Relaxation with Vanessa and Ao	Level 1 Sunroom
Tuesday, December 3, 2024		
LEVEL 3 CHRISTMAS PARTY		
10:00	Morning Tea	All Floors
10:30	LEVEL 3 CHRISTMAS PARTY	Gooding Centre
10:30	Christmas Movie	All Floors
12:00	LEVEL 3 CHRISTMAS PARTY LUNCH	Gooding Centre
2:00	YouTube Concert	All Floors
Wednesday, December 4, 2024		
LEVEL 2 CHRISTMAS PARTY		
10:00	Morning Tea	All Floors
10:30	LEVEL 2 CHRISTMAS PARTY	Gooding Centre
10:30	Christmas Movie	All Floors
12:00	LEVEL 2 CHRISTMAS PARTY LUNCH	Gooding Centre
2:00	David Attenborough documentary	All Floors
Thursday, December 5, 2024		
LEVEL 1 CHRISTMAS PARTY		
10:00	Morning Tea	All Floors
10:30	LEVEL 1 CHRISTMAS PARTY	Gooding Centre
10:30	Christmas Movie	All Floors
12:00	LEVEL 1 CHRISTMAS PARTY LUNCH	Gooding Centre
2:00	YouTube Concert	All Floors

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Friday, December 6, 2024		
GROUND CHRISTMAS PARTY		
10:00	Morning Tea	All Floors
10:30	GROUND CHRISTMAS PARTY	Gooding Centre
10:30	Christmas Movie	All Floors
12:00	GROUND CHRISTMAS PARTY LUNCH	Gooding Centre
2:00	Arm Chair Travel to The North Pole	All Floors
Monday, December 9, 2024		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo - Christmas Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Movie on the Big Screen - Christmas Wish	Gooding Centre
2:00	Colouring and Chit Chat - Christmas pictures	Ground Floor
Tuesday, December 10, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Christmas Trivia	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Meditation Relaxation with Vanessa and Ao	Gooding Centre
2:00	Arm Chair Travel to India	All Floors
Wednesday, December 11, 2024		
9:30	Exercise to Music	Level 1, 2,3 Lounge Room
10:30	Bus Outing \$10 - Art Vo Museum Robina	Meet at Reception Bookings Essential
10:30	Christmas Craft with Ash and Ao	Level 2 Breezway
2:00	Exercise Group with KYM	Gooding Centre
2:00	Christmas Games	Ground Floor

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Thursday, December 12, 2024		
9:30	Exercises to Music	Level 1, 2,3 Lounge Room
10:30	Pottery Shop visit	Ground Floor
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Bingo - Christmas Bingo	Level 2 Dining Room
2:00	Large Dominos	Level 1 Dining Room
Friday, December 13, 2024		
9:30	Exercise Group with KYM	Gooding Centre
10:00	Bus Outing \$10 - Men's bus trip to The Car Museum and Lunch	Meet at Reception Bookings Essential
10:30	Shuffleboard	Ground Dining Room
10:30	Roman Catholic Church	Level1 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert and Happy Hour - Alison Sings	Gooding Centre
Monday, December 16, 2024		
9:30	Exercise to Music	Level 1,2 and 3 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair Walks	Ground Floor
2:00	Christmas Games	Level 2 Dining Room
2:00	Karaoke Sing A Long	Ground East
Tuesday, December 17, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Christmas Trivia	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Meditation Relaxation with Vanessa and Ao	Gooding Centre
2:00	YouTube - Christmas Concert	All Floors

Merrimac Activities Program

Wednesday, December 18, 2024		
9:30	Exercise to Music	Level 1, 2,3 lounge Room
10:00	Bus Outing - Let's visit Hillview Ashmore for a Christmas Morning Tea	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Afternoon Reminiscing about special Christmas Holiday time	Level 2 Sunroom
2:00	Arm Chair Travel - YouTube	All Floors
Thursday, December 19, 2024		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bingo - Christmas Bingo	Level 2 Dining Room
10:30	Volley Ball Tennis	Level 1 Sunroom
2:00	Paint 'n Sip Christmas Style with Chloe and Jenny	Level 2 Breezway
2:00	YouTube - Christmas Movie	All Floors
Friday, December 20, 2024		
9:30	Exercise to Music	Level 1,2,3 Lounge
10:30	Jenga	Level 1 Sunroom
10:30	Roman Catholic Church	Level 2 Sunroom
2:00	Happy Hour and Sing A Long	Gooding Centre
Monday, December 23, 2024		
9:30	Exercise to Music	Level 1,2,3 Lounge
10:30	Bingo - Christmas Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Christmas Karaoke Sing a long	Level 2 Lounge Room
2:00	Andre Christmas YouTube	Level 1 Lounge Room
Tuesday, December 24, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Christmas Games with all Lifestyle	Level 3 Outdoor Area
2:00	Christmas Sing A Long	Level 3 Outdoor Area



Merrimac Activities Program

Wednesday, December 25, 2024		
CHRISTMAS DAY PUBLIC HOLIDAY		
Thursday, December 26, 2024		
BOXING DAY PUBLIC HOLIDAY		
Friday, December 27, 2024		
9:30	Exercises to Music	Level 1,2,3 Lounge Room
10:30	Shuffle Board	Ground Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
2:00	Happy Hour Sing A Long	Level 3 Outdoor Area
Monday, December 30, 2024		
9:30	Exercises to Music	Level 1,2,3,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 on the Big Screen	Gooding Centre
Tuesday, December 31, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Trivia Quiz	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Meditation Relaxation with Vanessa and Ao	Gooding Centre
2:00	Arm chair Travel - You Tube	All Floors



HILLVIEW
PREMIUM AGED CARE

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