



Merrimac Activities Program

Friday, November 1, 2024		
9:30	Exercise Group with KYM	Gooding Centre
9:45	Bus Outing \$10 - Ground East scenic bus drive	Meet at Reception Bookings Essential
10:30	Shuffle Board	Ground East
10:30	Roman Catholic Church	Level 2 Sunroom
2:00	Concert and Happy Hour - Mercedes Singing	Gooding Centre
Monday, November 4, 2024		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Garden Walks with Lifestyle	Ground
11:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Dominos	Level 2 Dining Room
Tuesday, November 5, 2024		
MELBOURNE CUP		
9:30	Special Exercise with Robbie	Level 2 Dining Room
10:30	Melbourne Cup Game	Level 2 Dining Room
2:00	Special Melbourne Cup Afternoon Tea and watch Race	Level 1, 2, 3 Lounge Room
3:00	Melbourne Cup Televised Winners TV	All Floors
Wednesday, November 6, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Sea & Shore Fish & Chips	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Ground Outside Area
2:00	Afternoon Craft with Kaeliegh and Ash	Level 2 Breezway
2:00	Exercise Group with KYM	Gooding Centre
Thursday, November 7, 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	Jenga	Level 2 Sunroom
2:00	Large Dominos	Level 1 Sunroom



Merrimac Activities Program

Friday, November 8, 2024		
9:30	Exercise Group with KYM	Gooding Centre
9:45	Bus Outing \$10 - Super Q Store	Meet at Reception Bookings Essential
10:00	Shuffle Board	Ground East
10:30	Roman Catholic Church	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert and Happy Hour -Tom Singing	Gooding Centre
Monday, November 11, 2024		
REMEMBRANCE DAY		
10:30	Remembrance Day service	Gooding Centre
2:00	Lets play 2up and Coin Game	Ground Outside Area
2:00	Televised Remembrance Day News	All Floors
Tuesday, November 12, 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
1:20	Enjoy the Mastery School Performing Arts Concert	Watching From Balconys
2:00	You Tube Concert Celtic Women	All Floors
Wednesday, November 13, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - North Cliff Surf Club Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Ground Outside Area
2:00	Reminiscing about our Wedding	Level 3 Outdoor Area
2:00	Exercise Group with KYM	Gooding Centre
Thursday, November 14, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheel Chair Walks in The Garden	Ground
2:00	Ball Drumming To Music	Level 2 Sunroom
2:00	Lets pick a Book from the Library	Level 3 Sunroom



Merrimac Activities Program

Friday, November 15, 2024		
9:30	Exercises Group with KYM	Gooding Centre
9:45	Bus Outing \$10 - Green day Café Morning Tea	Meet at Reception Bookings Essential
10:30	Jenga	Level 1 Sunroom
10:30	Roman Catholic Church	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Music Happy Hour	Level 3 Outdoor Area
Monday, November 18, 2024		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Volley Ball Tennis	Level 1 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	Movie Happy Hour (Big Screen) A Christmas Wish	Gooding Centre
2:00	Black Jack Cards	Ground Dining Room
Tuesday, November 19, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Word Quiz with Robbie	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Relaxation Meditation and Massages	Level 2 Sunroom
2:00	You Tube David Attenborough	All Floors
Wednesday, November 20, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -Mudgeeraba War Museum	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Ground Outside Area
2:00	Afternoon Christmas Craft	Level 2 Breezway
2:00	Exercise Group with KYM	Gooding Centre

Merrimac Activities Program

Thursday, November 21, 2024		
CHRISTMAS MARKETS		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Come and Enjoy Hillview Christmas Markets	Ground Outdoor Area
2:00	Karaoke Sing a Long	Level 2 Lounge Room
2:00	Wheel Chair Walks in The Garden	Ground
Friday, November 22, 2024		
9:30	Exercise Group with KYM	Gooding Centre
9:45	Bus Outing \$10 - Siily Sollies and Giant Chemist Shopping	Meet at Reception Bookings Essential
10:30	Shuffle Board	Ground East
10:30	Roman Catholic Church	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert and Happy Hour Mark Dean Singing	Gooding Centre
Monday, November 25, 2024		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
11:00	Exercise Group with KYM	Gooding Centre
2:00	Movie Happy Hour (Big Screen) Christmas Movie	Gooding Centre
2:00	Colouring Chit Chat	Ground Floor
Tuesday, November 26, 2024		
9:30	Special Exercises with Robbie	Level 2 Dining Room
10:30	Residents Meeting	Ground Floor
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Relaxation Meditation and Massages	Level 2 Sunroom
2:00	You Tube (Cruising the Country)	All Floors
Wednesday, November 27, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Casino Lunch	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Ground Outside Area
2:00	Afternoon Christmas Craft	Level 2 Breezway
2:00	Exercise Group with KYM	Gooding Centre



Merrimac Activities Program

Thursday, November 28, 2024		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheel Chair Walks in The Garden	Ground
2:00	Cooking with Jenny and Kaeleigh	Level 2 Dining Room
2:00	You Tube (Christmas Story)	All Floors
Friday, November 29, 2024		
9:30	Exercise Group with KYM	Gooding Centre
9:45	Bus Outing \$10 -Scenic Bus Drive Ground East	Meet at Reception Bookings Essential
10:30	Shuffle Board	Ground East
10:30	Roman Catholic Church	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert and Happy Hour Gina Singing	Gooding Centre

- 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)