




Merrimac Activities Program

Wednesday, January 1, 2025		
NEW YEARS DAY PUBLIC HOLIDAY		
Thursday, January 2, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Scenic Bus Drive and Coffee	Meet at Reception Bookings Essential
10:30	Social Morning Tea	Ground Outdoors
1:00	One-on-One Quality Time with Annie	Ground East, Resident Rooms
2:00	Table Bowls	Level 2 Breezway
2:00	Board Games	Level 1 Dining Room
2:00	Armchair Travel to Italy	Level 1, 2, 3 Lounge Room
Friday, January 3, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Dining Room
2:00	YouTube Concert - The Seekers	All Floors
2:00	Concert and Happy Hour - Robbie Sings	Gooding Centre
Saturday, January 4, 2025		
1:30	 Meditation & Relaxation with Vanessa	Level 1 Sunroom
Monday, January 6, 2025		
9:30	Exercises Group with Kym	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Hoy Cards with Vanessa	Level 1 Dining Room
10:30	Garden Walks with Lifestyle	Ground
11:00	Exercises Group with Kym	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Colouring & relaxation	Ground Dining Room



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Tuesday, January 7, 2025		
9:30	Special exercises with Robbie	Ground Dining Room
10:30	Bus Outing - Scenic Bus Drive to Duranbah	Meet at Reception, Bookings Essential
10:30	Trivia Quiz	Level 2 Sunroom
10:30	Room visits	Level 2
1:00	One-on-One Quality Time with Annie	Level 1, Resident Rooms
2:00	Meditation, Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Reminiscing	Level 3 Sunroom
2:00	YouTube Concert - Burt Bacharach	All Floors
Wednesday, January 8, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair Garden Walks and Coffee	Ground Floor
1:00	One-on-One Quality Time with Annie	Level 1, Resident Rooms
2:00	UNO Cards with Robbie & Ash	Level 3 Dining Room
2:00	Racquet Ball with Amanda & Ao	Ground Dining Room
Thursday, January 9, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Scenic Drive and Coffee	Meet at Reception Bookings Essential
10:30	Drumming to Music	Level 2 Sunroom
2:00	Racquet Volley Ball with Vanessa	Level 1 Lounge Room
2:00	Cooking with Chloe and Jenny	Level 2 Dining Room
2:00	Room visits	Level 3
Friday, January 10, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Ground Dining Room
11:00	Exercise Group with Kym	Gooding Centre
2:00	Concert and Happy Hour - Alan Sings	Gooding Centre



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Monday, January 13, 2025		
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	Karaoke Sing-a-long	Ground East
2:00	Movie Happy Hour on the Big Screen	Gooding Centre
2:00	YouTube Armchair Travel to Egypt	All Floors
Tuesday, January 14, 2025		
9:30	Special exercises with Robbie	Level 1 Dining Room
10:30	Bus Outing - Scenic Bus drive and Coffee	Meet at Reception Bookings Essential
10:30	Robbie & Ziggy room visits	All Floors
10:30	Garden Walks	Ground
1:00	One-on-One Quality Time with Annie	Level 2, Resident Rooms
2:00	Meditation, Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Colouring and Crosswords with Chloe and Robbie	Ground Dining Room
Wednesday, January 15, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Snakes & Ladders	Level 1, Resident Rooms
10:30	Wheelchair Garden Walks and Coffee	Ground
1:00	One-on-One Quality Time with Annie	Level 2, Resident Rooms
2:00	Afternoon craft with Ash and Ao	Level 2 Lounge
2:00	Men's Table Games	Ground
2:00	Exercise Group with Kym	Gooding Centre
2:00	YouTube Armchair Travel to China	All Floors
Thursday, January 16, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:45	Bus Outing - Super Q Store Shopping	Meet at Reception Bookings Essential
10:30	Board Games	Level 2 Dining Room
12:00	Level 1 BBQ	Level 1 Breezway
2:00	Clay Craft	Level 1 Breezway
2:00	Table Bowls with Ash	Level 2 Breezway
2:00	Garden walk with Wheelchairs	Ground

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Friday, January 17, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Ground Dining Room
11:00	Exercise Group with Kym	Gooding Centre
2:00	Concert and Happy Hour - Chris Bent sings	Gooding Centre
Saturday, January 18, 2025		
1:30	 Meditation & Relaxation with Vanessa	Level 2 Sunroom
Monday, January 20, 2025		
9:30	Exercises Group with Kym	Gooding Centre
10:30	Bingo	Gooding Centre
10:30	Social Morning Tea	Café Lily
11:00	Exercises Group with Kym	Gooding Centre
2:00	Karaoke Sing-a-long	Level 2 Lounge Room
2:00	Movie Happy Hour on the Big Screen	Gooding Centre
2:00	YouTube Armchair Travel to Venice	All Floors
Tuesday, January 21, 2025		
9:30	Special exercises with Robbie	Level 2 Dining Room
10:30	Bus Outing - Fish and Chips at the Park	Meet at Reception, Bookings Essential
10:30	Australia Day craft	Level 1 Breezeway
1:00	One-on-One Quality Time with Annie	Level 3, Resident Rooms
2:00	Meditation, Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Men's Afternoon with Robbie & Chloe	Level 3 Outdoor Area
Wednesday, January 22, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Target Golf Game	Level 3 Outdoor Area
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair Garden Walks and Coffee	Ground
1:00	One-on-One Quality Time with Annie	Level 3, Resident Rooms
2:00	Exercise Group with Kym	Gooding Centre
2:00	Lawn Bowls	Ground Outdoors
2:00	Poker	Level 2 Dining Room



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Thursday, January 23, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Merrimac Tavern Lunch	Meet at Reception Bookings Essential
10:30	Drumming to Music	Level 1 Sunroom
2:00	Bean Bag toss with Vanessa & Ash	Level 3 Outdoor Area
2:00	Paint 'n Sip with Chloe & Kaeleigh	Level 1 Breezeway
Friday, January 24, 2025		
9:30	Exercise Group with Kym	Gooding Centre
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Australia Day Quiz	Level 3 Outdoor Area
11:00	Exercise Group with Kym	Gooding Centre
2:00	Armchair travel to Australia	All Floors
2:00	Concert and Happy Hour - Terry Sings	Gooding Centre
Monday, January 27, 2025		
AUSTRALIA DAY PUBLIC HOLIDAY		
Tuesday, January 28, 2025		
9:30	Special exercises with Robbie	Level 3 Dining Room
10:30	Resident's Meeting	Ground Dining Room
10:30	Wheelchair Walk and Coffee	Ground/Café Lily
1:00	One-on-One Quality Time with Annie	Ground Floor, Resident Rooms
2:00	Australian Poems with Robbie	Level 2 Sunroom
2:00	Meditation, Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Colouring & Relaxation	Ground Dining Room
Wednesday, January 29, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Boccé	Ground Outdoor Area
1:00	One-on-One Quality Time with Annie	Ground Floor, Resident Rooms
2:00	Exercise Group with Kym	Gooding Centre
2:00	Ice Cream Extravaganza	All Rooms
2:00	Garden Walks with Lifestyle	Ground Floor



Merrimac Activities Program

Thursday, January 30, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:15	Bus Outing - Event Cinemas 'Andrew Lloyd Webber's Love Never Dies - The Musical'	Meet at Reception Bookings Essential
10:30	Baking with Jenny & Chloe	Level 2 Dining Room
2:00	Sing-a-long to your favorite tunes (Elvis style!)	Gooding Centre
2:00	Garden Walks	Ground
2:00	YouTube - Elvis Concert	All Floors
Friday, January 31, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Gooding Centre
2:00	Elvis Tribute Show - Live Performance	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)