



Merrimac Activities Program

Monday, February 3, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Anglican Church	Level 3 Sunroom
10:30	Hoy Cards	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Racquet Ball	Ground Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Armchair Travel to Egypt	All Floors
Tuesday, February 4, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:00	Bus Outing - HOTA Morning Tea	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Table Bowls with Annie	Level 2 Breezway
2:00	Armchair Travel to Italy	All Floors
Wednesday, February 5, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Karaoke Sing-a-long	Ground East
10:30	Wheelchair walks and café	Ground
2:00	Exercise Group with KYM	Gooding Centre
2:00	Craft with Ao and Ash - Chinese New year Lanterns	Level 2 Breezway
2:00	Trivia Quiz with Annie	Level 2 Sunroom
Thursday, February 6, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Super Q Shopping	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
12:50	High School Students visit	All Floors
2:00	Garden Walks with Lifestyle	Ground
2:00	Craft	Level 2 Breezway
2:00	Dog therapy with Maizie	All Floors

Merrimac Activities Program

Friday, February 7, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert and Happy Hour - Chris Bent Sings	Gooding Centre
Monday, February 10, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Social Morning Tea	Café Lily
11:00	Exercises Group with KYM	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground Floor
1:30	Movie Happy Hour on the BIG Screen - The Last Laugh	Gooding Centre
2:00	YouTube Concert - The Everly Brothers	All Floors
Tuesday, February 11, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:30	Bus Outing - Northcliffe Surf Club Lunch	Meet at Reception, Bookings Essential
10:30	Garden Walks with Lifestyle	Ground
2:00	Relaxation Meditation and Massages with Ao & Vanessa	Gooding Centre
2:00	Raquet Volley Ball with Annie	Level 1 Sunroom
Wednesday, February 12, 2025		
MASQUERADE DINNER & SHOW		
2:00	Exercise Group with KYM	Gooding Centre
4:00	EVENT: Show & Drinks with Paul	All Breezeways
5:15	EVENT: Masquerade Dinner	All Breezeways
Thursday, February 13, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Scenic Bus drive	Meet at Reception, Bookings Essential
10:30	Wheelchair walks and café	Ground
2:00	Craft with Alison and Ao (Rose box frames for Valentines)	Level 2 Dining Room
2:00	Men's Group afternoon with Ash and Vanessa	Level 3 Outdoor Area
2:00	Room visits	Level 1

Merrimac Activities Program

Friday, February 14, 2025		
♥️ VALENTINE'S DAY ♥️		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Valentine's Bingo	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert for Valentines Day - Mandy Sings	Gooding Centre
Monday, February 17, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Hoy cards	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
1:30	Movie Happy Hour on the BIG Screen - The Long Game	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	UNO Cards	Ground Dining Room
Tuesday, February 18, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:30	Bus Outing - Tweed Heads Fish & Chips	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Relaxation Meditation and Massages with Ao & Vanessa	Gooding Centre
2:00	Colouring Relaxation and Chit Chat with Chloe	Level 2 Dining Room
2:00	Afternoon With Annie - Gentle Chair Exercise	Ground Dining Room
Wednesday, February 19, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Gardening Veggie Patch with Tom	Level 2 Breezway
10:30	Colouring and Relaxation	Ground Dining Room
10:30	Wheelchair Walks and Café	Café Lily
2:00	Exercise Group with KYM	Gooding Centre
2:00	Table Bowls	Level 1 Breezeway
2:00	Trivia Quiz with Annie	Level 2 Sunroom



Merrimac Activities Program

Thursday, February 20, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Silly Sollys, Salvos and the Giant Chemist	Meet at Reception, Bookings Essential
10:30	Garden walk with Wheelchairs	Ground outdoors
12:50	High School Students Visit	All Floors
2:00	Paint and Sip with Chloe & Ashleigh	Level 2 Breezway
2:00	Bingo	Level 2 Dining Room
2:00	Armchair Travel to New Zealand	All Floors
Friday, February 21, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	EVENT: 🌸 Sakura Japanese Dance Group 🌸	Gooding Centre
2:00	Karaoke Sing-a-Long	Level 2 Lounge Room
2:00	YouTube - Phantom of the Opera	Level 1, 2, 3 Lounge Room
Monday, February 24, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground
11:00	Exercises Group with KYM	Gooding Centre
1:30	Movie Happy Hour on the BIG Screen - Paddington	Gooding Centre
2:00	Racquet Volley Ball	Ground Dining Room
Tuesday, February 25, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:00	Bus Outing - Morning Tea Botanical Gardens	Meet at Reception, Bookings Essential
10:00	Social Morning Tea	Level 3 Outdoor Area
2:00	Meditation Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Ice Cream Extravaganza with Chloe & Annie	All Floors
2:00	Arm Chair Travel to Tokyo	All Floors



Merrimac Activities Program

Wednesday, February 26, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident's Meeting	Ground Floor Dining Room
10:30	Wheelchair Walks and Café	Ground
10:30	Dog Therapy with Ziggy	All Floors
1:30	White Board Trivia with Annie	Level 2 Sunroom
2:00	Exercise Group with KYM	Gooding Centre
2:00	Black Jack Cards	Level 2 Dining Room
2:00	Colouring & Crosswords	Ground Dining Room
Thursday, February 27, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Scenic Bus drive Ground East Residents	Meet at Reception, Bookings Essential
10:30	Exploring the gardens & beyond	Ground outdoors
12:00	BBQ Level 3 Residents	Level 3 Outdoor Area
12:50	High School Students Visit	All Floors
2:00	Bingo	Level 2 Dining Room
2:00	Large Dominos with Vanessa	Level 1 Dining Room
Friday, February 28, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Large Connect 4	Level 3 Outdoor Area
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert and Happy Hour - Robbie Sings	Gooding Centre



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 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)