



## Merrimac Activities Program

<b>Friday, 1 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Food Focus Meeting	Gooding Centre
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Foxtel -608- Skeletons of Sahara	Level 1, 2, 3 Lounge
2:00	Concert and Happy Hour - Alison Sings	Gooding Centre
3:00	Walking Group	Meet at Reception
<b>Monday, 4 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Super Q Shopping Centre	Meet at Reception Bookings Essential
10:30	Church of England	Level 1 Sunroom
2:00	Ice Cream Extravaganza	Café Lily
2:00	Poker Cards	Ground Activities Room
2:30	Foxtel -620- Wheeler Dealers	Level 1, 2, 3 Lounge
<b>Tuesday, 5 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Foxtel -616- How Do They Do It	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Yukki on Piano	Level 2 Sunroom
3:00	Walking Group	Meet at Reception
<b>Wednesday, 6 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Broadbeach Bowls Club for Lunch	Meet at Reception Bookings Essential
10:30	Foxtel -613- Drain the Oceans	Level 1, 2, 3 Lounge
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge

## Merrimac Activities Program

<b>Thursday, 7 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Foxtel -620- Misfit Garage	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
12:00	Celebrating Chinese New Year with a Chinese Lunch	All Levels Dining Room
2:00	Discussion on Chinese New Year	Level 1 Sunroom
<b>Friday, 8 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Shuffle Board	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Foxtel -127- Simply Nigella	Level 1, 2, 3 Lounge
2:00	Concert and Happy Hour - Mark Sings	Gooding Centre
3:00	Walking Group	Meet at Reception
<b>Monday, 11 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Morning Tea and Quiz at Southport Library	Meet at Reception Bookings Essential
10:30	Table Bowls	Ground Activities Room
2:00	Foxtel -127- Cake Boss	Level 1, 2, 3 Lounge
2:00	Poker Cards	Ground Activities Room
<b>Tuesday, 12 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Church Service with Mike - All Denominations	Gooding Centre
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:00	Foxtel -127- Great Brittish Menu	Level 1, 2, 3 Lounge
2:00	Yukki on Piano	Level 2 Sunroom
3:00	Walking Group	Meet at Reception

## Merrimac Activities Program

<b>Wednesday, 13 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Nerang RSL for Lunch	Meet at Reception Bookings Essential
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Foxtel -614- Top Gear	Level 1, 3 Lounge
<b>Thursday, 14 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo - Valentines Day Theme	Level 2 Dining Room
10:30	Garden Walks	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	SNU Residents BBQ - Valentines Theme	SNU Outdoor Area
2:00	Discussion on Valentines Day with Poetry	Level 1 Sunroom
2:30	Foxtel -106- Bargain Hunt	Level 1, 2, 3 Lounge
<b>Friday, 15 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Carpet Bowls	Level 3 Outdoor Area
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:00	Foxtel -127- Great British Menu	Level 1, 2, 3 Lounge
2:00	Concert and Happy Hour - Susie Sings	Gooding Centre
3:00	Walking Group	Meet at Reception
<b>Monday, 18 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Morning Tea at Palm Meadows Mecure Resort	Meet at Reception Bookings Essential
10:30	Poker Cards	Ground Activities Room
2:00	Karaoke Sing A Long	Level 2 Sunroom
2:00	Foxtel -128- A Place in the Sun	Level 1, 2, 3 Lounge

## Merrimac Activities Program

<b>Tuesday, 19 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Foxtel -127- Cake Boss	Level 1, 2, 3 Lounge
2:00	Yukki on Piano	Level 2 Sunroom
3:00	Walking Group	Meet at Reception
<b>Wednesday, 20 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$12.50 - Tweed Heads Fish and chips via Dbar	Meet at Reception Bookings Essential
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:30	Foxtel -621- Animal Cribs	Level 1, 3 Lounge
<b>Thursday, 21 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Residents BBQ Level 1	Level 1 Outdoor Area
2:00	Hoy Cards	Level 2 Dining Room
2:30	Foxtel -608- Deads Mens Secrets	Level 1, 2, 3 Lounge
<b>Friday, 22 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Backgammon	Level 2 Dining Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:00	Foxtel -128- Buying and Selling	Level 1, 2, 3 Lounge
2:00	Concert and Happy Hour - Double The Fun Sings	Gooding Centre
3:00	Walking Group	Meet at Reception



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## Merrimac Activities Program

<b>Monday, 25 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Morning Tea and Quiz at Southport Library	Meet at Reception Bookings Essential
10:30	Bingo	Level 2 Dining Room
2:00	Poker Cards	Ground Activities Room
2:30	Foxtel -609- The Nightmare Neighbours	Level 1, 2, 3 Lounge
<b>Tuesday, 26 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Residents Meeting	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Yukki on Piano	Level 2 Sunroom
2:30	Foxtel -106- Bargain Hunt	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
<b>Wednesday, 27 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Movies at Nerang (Movie to be Decided)	Meet at Reception Bookings Essential
10:30	Craft	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
3:00	Foxtel -127- Masterchef the Professionals	Level 1, 3 Lounge
<b>Thursday, 28 February 2019</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Up Words Game	Level 2 Dining Room
2:00	Foxtel -128- A Place in the Sun	Level 1, 2, 3 Lounge



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## Merrimac Activities Program

- **Hairdressing and Beauty Therapy available by appointment**  
For bookings contact 5559 3226
- **To book bus trips:**  
Please contact Reception or the Lifestyle team on 5559 3222 or email [Lifestyle@hillviewcare.com.au](mailto:Lifestyle@hillviewcare.com.au)
- **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**
- **Café Open Daily 10am -2:00pm (excluding public holidays)**