

Merrimac Activities Program

Wednesday, 1 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Rossa Park Café for Morning Tea	Meet at Reception Bookings Essential
10:30	Café Lily Social Morning Tea	Café Lily
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:30	Foxtel -622- Africa's Super Snake	Level 1 and 3 Lounge
Thursday, 2 May 2019		
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	Aromatherapy Hand Massages and Relaxation	Level 2 Lounge
2:00	Foxtel -614- Ross Kemp - Exteme world	Level 1 and 3 Lounge
Friday, 3 May 2019		
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
2:00	Concert and Happy Hour - Debbie Sings	Gooding Centre
2:30	Foxtel -127- Nigella's Kitchen	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 6 May 2019		
May Day Public Holiday		
Tuesday, 7 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Paulini's Jewellery Shop Visits HillView	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Bingo	Level 2 Dining Room
2:00	Foxtel -106- Antiques Roadshow	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception

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Wednesday, 8 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Café Lily Social Morning Tea	Café Lily
11:00	Bus Outing \$10 - RQs Tavern for Lunch	Meet at Reception Bookings Essential
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:30	Foxtel -622- Natural Born Monsters	Level 1 and 3 Lounge
Thursday, 9 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Foxtel -608- The Dark Ages	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Memory Care Residents BBQ Mothers Day Theme	Memory Care Unit
2:00	Poetry with Robbie	Level 1 Sunroom
2:00	Lets Read a Book Together! Book Club	Level 2 Sunroom
Friday, 10 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Susie Sings	Gooding Centre
2:30	Foxtel -621- Rocky Mountain Vet	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 13 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Newlife Café for Morning Tea	Meet at Reception Bookings Essential
10:30	Church Of England	Level 1 Sunroom
2:00	Billiards, Beers and Beats - Mens Group	Level 3 Sunroom
2:00	Poker Cards	Level 1 Sunroom
2:00	Foxtel -620- Mighty Ships	Level 1, 2, 3 Lounge

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Tuesday, 14 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Electoral Voting Federal until 3pm	Ground Activities Room
10:30	Church Service with Mike	Gooding Centre
10:30	Foxtel -608- The Story of Wales	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Bingo	Level 2 Dining Room
2:00	Yuki on The Piano	Level 2 Sunroom
3:00	Walking Group	Meet at Reception
Wednesday, 15 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Memory Care Scenic Drive and Morning Tea	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 -613- Ancient X Files	Level 1 and 3 Lounge
Thursday, 16 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Residents BBQ Level 1	Level 1 Outdoor Area
2:00	Boggle Words	Level 2 Dining Room
2:30	Foxtel -622- Dr K's Exotic Animals	Level 1, 2, 3 Lounge
Friday, 17 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Mark sings	Gooding Centre
3:00	Walking Group	Meet at Reception
3:30	Foxtel -608- Unsung Heros of WWII	Level 1, 2, 3 Lounge

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Monday, 20 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Super Q Shopping Centre	Meet at Reception Bookings Essential
10:30	The Price is Right Game - Guess the Food Prices and Win a Prize	Level 2 Dining Room
2:00	Poker Cards	Level 1 Sunroom
2:00	Poetry	Level 2 Sunroom
2:00	Foxtel -128- A Place In The Sun	Level 1, 2, 3 Lounge
Tuesday, 21 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:00	Foxtel -612- Railroad Australia	Level 1, 2, 3 Lounge
2:00	Yuki on The Piano	Level 2 Sunroom
3:00	Walking Group	Meet at Reception
Wednesday, 22 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Lunch at Hinze Dam	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 -106- Antiques Roadshow	Level 1 and 3 Lounge
Thursday, 23 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
10:30	Garden Walks	Ground Activities Room
2:00	Aromatherapy Hand Massages and Relaxation	Level 2 Lounge
2:00	Foxtel - 127 - Mary Berry Classic	Level 1 and 3 Lounge

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Friday, 24 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Shane Sings	Gooding Centre
2:30	Foxtel -613- Bondi Rescue	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 27 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Emerald Lakes Morning Tea	Meet at Reception Bookings Essential
10:30	Poker Cards	Level 1 Sunroom
11:00	Foxtel -106- Grand Designs	Level 1, 2, 3 Lounge
2:00	Residents Meeting	Ground Activities Room
2:00	Afternoon Garden Walk	Ground Activities Room
Tuesday, 28 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Yukki Plays Piano	Level 2 Sunroom
2:30	Foxtel -608- Hilter's Last Secrets	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Wednesday, 29 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - River Mill 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
2:30	Foxtel -613- Lost Treasures of The Maya	Level 1 and 3 Lounge

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Thursday, 30 May 2019		
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	Cooking - Making Scones	Level 2 Dining Room
2:10	Foxtel -106- Antiques Roadshow	Level 1, 2, 3 Lounge
Friday, 31 May 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Alison Sings	Gooding Centre
2:10	Foxtel -614- Extreme World	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception

• **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

• **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**

• **Café Open Daily 10am -2:00pm (excluding public holidays)**