



Merrimac Activities Program

Monday, 2 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Super Q Store Shopping	Meet at Reception Bookings Essential
10:30	Table Bowls	Level 3 Sunroom
2:00	Ice Cream Extravaganza	Café Lily
2:00	Poker Cards with Michelle	Level 1 Sunroom
2:00	Foxtel-106-Grand designs	Level 1, 2, 3 Lounge
Tuesday, 3 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Sunshine Singers	Memory Care Unit
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Yukki on Piano	Level 2 Sunroom
2:30	Foxtel-613-Air Crash Investigations	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Wednesday, 4 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 -Mikes Kitchen Lunch	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
3:30	Foxtel-621-The Vet Life	Level 1, 2, 3 Lounge
Thursday, 5 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Church Service with John	Level 1 Sunroom
10:30	Foxtel-622-Secrets Of The Zoo	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	Billiards With Brandon	Level 3 Sunroom



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Friday, 6 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Lets go to London with Mila	Ground Activies 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-Hitlers Last Stand	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 9 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Rossa Park Morning Tea	Meet at Reception Bookings Essential
10:30	Word Quiz with Jess	Level 1 Sunroom
2:00	Foxtel-106-Grand designs Australia	Level 1, 2, 3 Lounge
2:00	Poker Cards with Michelle	Level 1 Sunroom
2:00	Garden Walk with Brandon	Ground Floor Reception
Tuesday, 10 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Foxtel-608-Grand Tours Of The Scottish Islands	Level 1, 2, 3 Lounge
10:30	Church Service with Mike	Gooding Centre
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Bingo	Level 2 Dining Room
3:00	Walking Group	Meet at Reception
Wednesday, 11 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Nerang RSL Lunch	Meet at Reception Bookings Essential
10:30	Café Lily Social Morning Tea	Café Lily
2:00	Trivia Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
2:00	Foxtel- 106-Antiques Road Show	Level 1, 2, 3 Lounge



Merrimac Activities Program

Thursday, 12 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Church of England	Level 1 Sunroom
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Resident BBQ Memory Care	Memory Care Unit
11:00	Foxtel-616-Mythbusters	Level 1, 2, 3 Lounge
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Mens Group with Brandon	Level 3 Sunroom
Friday, 13 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Ten Pin Bowling with Brandon and Robbie	Level 3 outdoor Area
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Double The Fun	Gooding Centre
2:30	Foxtel-616-Food Factory USA	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 16 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -Memory care Bus drive Morning Tea	Meet at Reception Bookings Essential
10:30	Lawn Bowls	Level 3 Outdoor Area
2:00	Poker Cards with Jess	Level 1 Sunroom
2:00	Garden walk with Brandon	Ground Activities Room
2:00	Foxtel-614 Ross Kemp Extreme World	Level 1, 2, 3 Lounge



Merrimac Activities Program

Tuesday, 17 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Foxtel-127-Masterchef The Professionals	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Poetry with Robbie	Level 2 Sunroom
2:00	Yukki Plays Harp	All Floors
3:00	Walking Group	Meet at Reception
Wednesday, 18 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 -Parkwood Tavern Lunch	Meet at Reception Bookings Essential
10:30	Craft with Dale	Level 2 Dining Room
2:00	Movie/Happy Hour with Nibbles or Icecream and Wine	Level 2 Lounge
3:00	Foxtel-127-Nigella at my Table	Level 1, 2, 3 Lounge
Thursday, 19 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Foxtel-608-Ancient Worlds	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
11:30	Residents BBQ Level 2	Level 2 Outdoor Area
2:00	Karaoke with Renee	Level 2 Lounge Room
2:00	Garden Walks with Robbie	Ground Activities Room
Friday, 20 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Dog Therapy Visits	All Lounge Rooms
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Concert and Happy Hour - Mark Sings	Gooding Centre
2:00	Foxtel-106-Antiques Road Show	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception



Merrimac Activities Program

Monday, 23 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -Super Q Store Shopping	Meet at Reception Bookings Essential
10:30	Table Bowls	Level 3 Sunroom
2:00	Resident Meeting	Gooding Centre
2:00	Foxtel-127-Inside The Factory	Level 1, 2, 3 Lounge
2:00	Garden Walks With Brandon	Ground Activities Room
Tuesday, 24 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Foxtel- 608-150 years of the weekly times	Level 1, 2, 3 Lounge
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Word Quiz Trivia	Level 1 Sunroom
3:00	Walking Group	Meet at Reception
Wednesday, 25 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 -High Tea Palm Meadows Mecure	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	Poetry with Robbie	Level 2 Sunroom
2:00	Foxtel-127 Eat Shop Save	Level 1, 2, 3 Lounge
Thursday, 26 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Garden walk	Ground Activities Room
10:30	10:30 - 12:00 Open Gym	Ground Floor Gym
2:00	Aromatherapy Relaxation and Massages with Renee Robbie and Jess	Level 2 Lounge Room
2:00	Foxtel-127-Extreme Cake Makers	Level 1, 3 Lounge

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Friday, 27 September 2019		
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
2:00	Concert and Happy Hour - Scally Wags Sing	Gooding Centre
2:30	Foxtel-621-Crikey it's the Irwins	Level 1, 2, 3 Lounge
3:00	Walking Group	Meet at Reception
Monday, 30 September 2019		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 -Memory care Bus drive Morning Tea	Meet at Reception Bookings Essential
10:30	Lawn Bowls	Level 3 outdoor Area
2:00	Foxtel-614-Ross Kemps Heartland	Level 1, 2, 3 Lounge
2:00	Poker with Michelle	Level 1 Sunroom
2:00	Garden walk with Jess	Ground Activites Room

- **Hairdressing and Beauty Therapy available by appointment**

For bookings contact 5559 3226

- **The Library has moved and is located in each Sunroom on Level 1, 2 and 3. 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 Daily 10am -2:00pm (excluding public holidays)**