


Merrimac Activities Program







Monday, March 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
10:30	Garden Walks with Lifestyle	Ground floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Racquet Ball with Vanessa	Ground Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	YouTube - Gilbert and Sullivan	All Floors
Tuesday, March 4, 2025		
PANCAKE DAY		
9:30	Special Exercises	Level 2 Dining Room
10:00	Bus Outing - Super Q Shopping Centre	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
2:00	Let's Cook Pancakes with Robbie	Level 2 Dining Room
2:00	Target Golf with Annie and Vanessa	Level 3 Outdoor Area
2:00	Afternoon walks with Ao	Gooding Drive
Wednesday, March 5, 2025		
	   REPTILE SHOW   	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Reptile Show	Gooding Centre
10:30	Karaoke Sing-a-long	Ground East
2:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Room visits with Annie	Ground North
Thursday, March 6, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Lunch at George's Paragon Seafood Restaurant	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
12:50	High School Students visit - group activity	Gooding Centre
2:00	Garden Walks with Lifestyle	Ground floor
2:00	Afternoon Trivia Quiz	Level 2 Sunroom



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Friday, March 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 - Mercedes Singing	Gooding Centre
Monday, March 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
1:30	Movie Happy Hour on the BIG Screen - Burlesque Musical	Gooding Centre
2:00	Room visits with Annie	Level 1
2:00	Garden Walks with Lifestyle	Ground floor
Tuesday, March 11, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:30	Word Quiz	Level 2 Sunroom
10:30	Garden Walks with Lifestyle	Ground floor
2:00	Karaoke Sing-a-Long	Ground East
2:00	Relaxation Meditation and Massages with Ao & Vanessa	Gooding Centre
2:00	Raquet Volley Ball with Annie	Level 1 Sunroom
Wednesday, March 12, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Wheelchair walks and café	Café lily
2:00	Exercise Group with KYM	Gooding Centre
2:00	Connect 4 with Amanda and Ao	Level 3 outdoor Area
2:00	Colouring and relaxation	Ground Floor

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Thursday, March 13, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	St Patrick's Day Craft	Level 2 Dining Room
10:30	Wheelchair walks and café	Ground floor
2:00	Cooking with Jenny & Chloe	Level 2 Dining Room
12:50	High School Students visit	All Floors
2:00	YouTube - John Denver	All Floors
2:00	Room visits	Level 1
Friday, March 14, 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 - Gina Singing	Gooding Centre
Monday, March 17, 2025		
	 ST PATRICK'S DAY 	  
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 - My Sailor My Love	Gooding Centre
2:00	Room visit and Garden walks with Annie	Level 3
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	UNO Cards	Ground Dining Room
Tuesday, March 18, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:30	Poetry	Level 2 Sunroom
10:30	Exploring the Gardens & Beyond	Ground Floor
10:30	Social Morning Tea	Café Lily
2:00	Relaxation Meditation and Massages with Ao & Vanessa	Gooding Centre
2:00	Men's Group Social & Happy Hour	Level 3 outdoor Area
2:00	Afternoon Visits with Annie	Level 2



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Wednesday, March 19, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 2 Dining Room
10:30	Colouring and Relaxation	Ground Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Exercise Group with KYM	Gooding Centre
2:00	Large Dominos	Level 1 Dining Room
2:00	Table Bowls	Level 1 Breezeway
2:00	Poetry with Robbie	Level 2 Sunroom
Thursday, March 20, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
9:30	Bus Outing - Morning Tea with SUNS Kool Kids Childcare	Meet at Reception, Bookings Essential
10:30	Garden walk with Wheelchairs and coffee	Café Lily
12:50	High School Students Visit	All Floors
2:00	Craft with Jenny & Chloe	Level 2 Breezeway
2:00	Roylette with Vanessa - Prizes to be won!	Ground Dining Room
2:00	Armchair Travel to USA	All Floors
Friday, March 21, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:00	Playmates Pre-school Morning Tea and Games	Gooding Centre
10:30	Roman Catholic Church	Level 1 Sunroom
2:00	Concert and Happy Hour - Alison Sings	Gooding Centre
Monday, March 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 - The story of Judy Garland	Gooding Centre
2:00	Room visits with Annie	Level 1
2:00	Racquet Volley Ball	Ground Dining Room



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Tuesday, March 25, 2025		
9:30	Special Exercises	Level 2 Dining Room
10:00	Bus Outing - Walking Group with Kym & Robbie	Meet at Reception, Bookings Essential
10:00	Social Morning Tea	Level 3 Outdoor Area
1:30	Ice Cream Extravaganza with Annie	All Floors
2:00	Meditation Relaxation and Massages with Vanessa & Ao	Gooding Centre
2:00	Karaoke Sing-a-Long	Ground Dining Room
2:00	Arm Chair Travel to Tokyo	All Floors
Wednesday, March 26, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident's Meeting	Ground Floor Dining Room
10:30	Wheelchair & Garden Walks + Café	Ground
2:00	Exercise Group with KYM	Gooding Centre
2:00	Colouring and relaxation	Ground Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Black Jack Cards	Level 1 Dining Room
Thursday, March 27, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounge Room
10:30	Bus Outing - Morning Tea at Burleigh Beach	Meet at Reception, Bookings Essential
10:30	Exploring the gardens & beyond	Ground outdoors
12:00	BBQ Ground Residents	Ground Floor
12:50	High School Students Visit	All Floors
2:00	Paint and Sip with Chloe & Jenny	Level 2 Breezway
2:00	Large Dominos with Vanessa	Level 1 Dining Room
Friday, March 28, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 1 Sunroom
10:30	Jenga	Level 3 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert and Happy Hour - Chris Bent sings	Gooding Centre



Merrimac Activities Program

Sunday, March 30, 2025		
9:00	Meditation Relaxation and Massages with Vanessa	Level 2 Sunroom
Monday, March 31, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:00	Mastery Schools Australia Choir	All Balconies
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
2:00	YouTube - Arm Chair Travel to Egypt	All Floors

• 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)