



Merrimac Activities Program

Monday, June 2, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Social Morning Tea	Café Lily
11:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Room Visits with Annie	Ground Floor
2:00	Board Games	Level 1 Dining Room
Tuesday, June 3, 2025		
9:30	Exercises to Music	Level 1 & 2 Lounge
9:45	Bus Outing - HOTA Art Gallery and Morning Tea	Meet at Reception, Bookings Essential
10:30	Word Quiz	Level 3 Sunroom
2:00	Jenga	Level 1 Sunroom
2:00	Relaxation, Meditation & Massage	Gooding Centre
Wednesday, June 4, 2025		
10:30	The Roy Orbison Experience	Gooding Centre
2:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Do Jigsaw Puzzles	Ground Dining Room
2:00	Armchair Travel to Peru	Level 1, 2, 3 Lounges
Thursday, June 5, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Shopping & Lunch at The Pines Elanora	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
1:00	School Students Visit, All Welcome	All Levels
2:00	Bingo	Level 2 Dining Room
2:00	Board Games	Level 1 Dining Room
2:00	YouTube Nature: Lovely Beaches of the World	Level 1, 2, 3 Lounges



Merrimac Activities Program

	Friday, June 6, 2025	
	QUEENSLAND DAY	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Toad Tossing & QLD Trivia	All Dining Rooms
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert & Happy Hour With Terry	Ground Floor Dining
	Saturday, 7th June	
10:30	Fun Trivia with Annie	All Floors
	Monday, June 9, 2025	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	YouTube: ABBA in Concert	Level 1, 2, 3 Lounges
11:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Do Crosswords Together	Level 2 Dining Room
2:00	Room Visits with Annie	Level 1
2:00	Board Games	Level 1 Dining Room
	Tuesday, June 10, 2025	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Scenic Drive to the Beach, & Coffee	Meet at Reception, Bookings Essential
10:30	Bingo	Level 2 Dining Room
11:00	YouTube Nature: Animals in The Wild	Level 1, 2, 3 Lounges
2:00	Relaxation, Meditation & Massage	Level 1 and Ground
2:00	Ball Drumming to Music	Level 2 Sunroom



Merrimac Activities Program

Wednesday, June 11, 2025		
9:30	Exercises to Music	Level 1 & 2 Lounge
10:00	Playmatters 'Ageless Play' with Pre-School Children	Gooding Centre
2:00	Exercise Group with KYM	Gooding Centre
2:00	Karaoke	Ground East
2:00	Let's Do Crosswords Together	Level 2 Dining Room
2:00	Jenga	Level 1 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, June 12, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:45	Bus Outing - Greendays Café	Meet at Reception, Bookings Essential
10:30	Tenpin Bowling	Level 3 Outdoor Area
2:00	Cooking with Jenny & Amanda	Level 3 Dining Room
2:00	Poetry and Reminiscing	Level 2 Sunroom
2:00	Let's Do a Jigsaw Together	Level 1 Dining Room
2:00	YouTube Travel: Let's Visit Vietnam	Level 1 Lounge Room
Friday, June 13, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	YouTube Concert: Celine Dion	Level 1, 2, 3 Lounges
2:00	Concert & Happy Hour with Alison	Ground Floor Dining
Saturday 14th June 2025		
10:30	Fun Trivia with Annie	All Floors






Merrimac Activities Program

Monday, June 16, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Social Morning Tea	Café Lily
11:00	Exercise Group with KYM	Gooding Centre
1:30	Movie Happy Hour on the Big Screen	Gooding Centre
2:00	Sensory Room Visits	Level 1
2:00	Trivia with Annie	Level 2 Sunroom
Tuesday, June 17, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounges
10:30	Bus Outing - Fox & Hound Pub Lunch	Meet at Reception, Bookings Essential
10:30	Social Morning Tea & Reminscing	Level 3 Outdoor Area
11:00	YouTube History: The Seven Wonders of The World	Level 1, 2, 3 Lounges
2:00	Let's Bake	Level 1 Dining Room
2:00	Relaxation, Meditation & Massage for Level 2 Residents	Level 2 Sunroom
Wednesday, June 18, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounges
10:00	Pottery Pop-Up Stall	Ground Floor
1:00	School Students Visit, All Welcome	All Floors
2:00	Exercise Group with KYM	Gooding Centre
2:00	Racquet Balloon Tennis	Level 1 Sunroom
2:00	Shuffle Board	Ground Floor
2:00	YouTube Concert: Nat King Cole	All Lounges

Merrimac Activities Program



Thursday, June 19, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - BBQ In The Park	Meet at Reception, Bookings Essential
10:30	Let's Create with Clay	Level 2 Breezeway
2:00	Paint & Sip	Level 2 Breezeway
2:00	Let's Create with Clay	Ground Floor
Friday, June 20, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert & Happy Hour - The Sounds of Austria & Croatia, with Zoltan	Gooding Centre
Saturday, 21st June 2025		
10:30	Fun Trivia with Annie	All Floors
Monday, June 23, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks and Milkshakes	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Casino Afternoon	Gooding Centre
2:00	Room Visits with Annie	Level 2
2:00	Board Games	Level 2 Dining Room

Merrimac Activities Program

Tuesday, June 24, 2025		
9:30	Exercises to Music	Level 1, 2, 3 Lounges
10:30	Resident's Meeting	Ground Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Relaxation, Meditation & Massage	Level 3 Sunroom
2:00	Let's Bake	Level 1 Dining Room
	Wednesday, June 25, 2025	
	MULTICULTURAL WEEK: AUSTRIA & SOUTH AFRICA	
	GOLD COAST LIBRARY BOOK PICKUP	
9:30	Exercises	Level 1, 2, 3 Lounges
10:30	Bingo with a Twist	Level 2 Dining Room
11:30	Multicultural Dining Experience: <i>Austria & South Africa</i>	All Dining Rooms
2:00	Exercise Group with KYM	Gooding Centre
2:00	Armchair Travel to Austria with Nibbles & Wine	Level 1, 2, 3 Lounges
	Thursday, June 26, 2025	
	MULTICULTURAL WEEK: SCOTLAND	
9:30	Exercises	Level 1 and 2 Lounge
9:45	Bus Outing - Super Q Store	Meet at Reception, Bookings Essential
10:30	Word Quiz with Robbie	Level 3 Sunroom
11:30	Multicultural Dining Experience: <i>Scotland</i>	All Dining Rooms
2:00	Bean Bag Target Toss	Level 2 Breezeway
2:00	Armchair Travel to Scotland	Level 1, 2, 3 Lounges



Merrimac Activities Program

	Friday, June 27, 2025	
	MULTICULTURAL WEEK: NETHERLANDS	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Armchair Travel to the Netherlands	Level 1, 2, 3 Lounges
11:00	Exercise Group with KYM	Gooding Centre
11:30	Multicultural Dining Experience: <i>Netherlands</i>	All Dining Rooms
2:00	Concert & Happy Hour with Robbie	Ground Dining Room
	Saturday, 28th June 2025	
10:30	Fun Trivia with Annie	All Floors
	Monday, June 30, 2025	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Social Morning Tea	Café Lily
11:00	Exercise Group with KYM	Gooding Centre
2:00	Movie Happy Hour on the Big Screen	Gooding Centre
2:00	Room Visits with Annie	Level 3
2:00	Board Games	Level 1 Dining Room



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 on 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 - 1:30 (excluding public holidays)**
- **Activity schedule is subject to change**