



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Thursday, May 1, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:00	Social Morning Tea and Reminiscing	Ground Floor
10:00	Social Morning Tea and Reminiscing	Level 1 Dining Room
10:00	Social Morning Tea and Reminiscing	Level 2 Dining Room
10:00	Social Morning Tea and Reminiscing	Level 3 Outdoor Area
1:00	School students visit - all welcome!	All Levels
2:00	Craft	Level 2 Breezeway
2:00	Craft	Level 3 Dining Room
2:00	YouTube - Pyramids of Egypt	Level 1, 2, 3 Lounge Rooms
<b>Friday, May 2, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Room visits	All Floors
11:00	Exercises Group with KYM	Gooding Centre
2:00	Happy Hour with Chris	All balconies & breezeways
<b>Saturday, May 3, 2025</b>		
9:00	Room visits with Annie	All Floors
<b>Monday, May 5, 2025</b>		
<b>PUBLIC HOLIDAY LABOUR DAY</b>		
<b>Tuesday, May 6, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Craft	Level 3 Dining Room
10:30	Craft	Level 2 Breezeway
10:30	Let's Do Jigsaw Puzzles with Annie	Level 1 Dining Room
2:00	Shuffleboard	Ground Floor
2:00	Cards	Level 1 Dining Room
2:00	Jenga	Level 2 Sunroom
2:00	Relaxation Meditation and Massages	Level 3 Residents, Lvl 3 Sunroom
2:00	Movie of the Day	Level 1, 2, 3 Lounge Rooms



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Wednesday, May 7, 2025</b>		
9:30	Exercises to Music	Level 1,2, and 3 Lounge
10:30	Let's Bake Cupcakes	Level 3 Dining Room
10:30	Let's Bake Cupcakes	Level 2 Dining Room
10:30	Let's Bake Cupcakes	Level 1 Dining Room
10:30	WheelChair Walks in the Garden	Ground Floor
2:00	Exercises Group with KYM	Gooding Centre
2:00	Room Visits & Activities in the Sunroom	Level 3 Sunroom
2:00	Room Visits & Activities in the Sunroom	Level 2 Sunroom
2:00	Room Visits & Activities in the Sunroom	Ground Sunroom
2:00	Relaxation Meditation and Massages	Level 1 Residents, Lvl 1 Sunroom
2:00	YouTube Concert - Ella Fitzgerald	Level 1, 2, 3 Lounge Rooms
<b>Thursday, May 8, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Let's Decorate Cupcakes	Level 3 Dining Room
10:30	Let's Decorate Cupcakes	Level 2 Dining Room
10:30	Let's Decorate Cupcakes	Level 1 Dining Room
10:30	Let's Decorate Cupcakes	Ground Dining Room
1:00	School students visit - all welcome!	All Floors
2:00	Word Quiz	Level 3 Sunroom
2:00	Jenga	Level 2 Sunroom
2:00	Racquet Ballooon Tennis	Level 1 Sunroom
2:00	Colouring and Chit Chat	Ground Dining Room
2:00	Movie of the Day	Level 1, 2, 3 Lounge Rooms
<b>Friday, May 9, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Catholic Church Service	All Floors
10:30	Room visits	All Floors
11:00	Exercises Group with KYM	Gooding Centre
1:30	Armchair Travel to Italy	Level 1, 2 and 3 Lounge
2:00	Mother's Day High Tea & Concert with Alison	Level 3 Outdoor Area
2:00	Mother's Day High Tea & Music	All Levels - Breezeways



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Monday, May 12, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Bingo	Level 2 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
10:30	Relaxation Meditation and Massages	Ground Residents, Ground North Gym
11:00	Exercises Group with KYM	Gooding Centre
1:30	Room Visits with Annie	Level 3
2:00	Explore with Us: Outdoor Walks & Talks	Level 3 Outdoor Area
2:00	Relaxation Meditation and Massages	Level 2 Residents, Lvl 2 Sunroom
2:00	Explore with Us: Scenic Walks from the Verandah	Level 1
2:00	Garden Walks	Ground Floor
2:00	Movie of the Day	All Floors
<b>Tuesday, May 13, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Craft	Level 3 Dining Room
10:30	Craft	Level 2 Dining Room
10:30	Craft	Level 1 Dining Room
10:30	Craft	Ground Floor
2:00	Bingo	Ground Dining Room
2:00	Relaxation Meditation and Massages	Level 3 Residents, Lvl 3 Sunroom
2:00	Room Visits & Activities in the Sunroom	Level 2
2:00	Jenga	Level 1 Sunroom
2:00	Room Visits & Activities in the Sunroom	Ground Sunroom
2:00	YouTube Concert - Frank Sinatra	Level 1, 2, 3 Lounge Rooms
<b>Wednesday, May 14, 2025</b>		
9:30	Exercises to Music	Level 1, 2 and 3 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Bingo	Level 2 Dining Room
10:30	Board Games	Level 1 Dining Room
10:30	Garden Walks & Café	Ground Floor Dining Room
2:00	Jenga	Level 3 Residents, Lvl 3 Sunroom
2:00	Room Visits & Activities in the Sunroom	Level 2 Residents, Lvl 2 Sunroom
2:00	Relaxation Meditation and Massages	Level 1 Residents, Lvl 1 Sunroom
2:00	Room Visits & Activities in the Sunroom	Ground Residents, Ground Sunroom
2:00	Exercises Group with KYM	Gooding Centre
2:00	Movie of the Day	Level 1, 2, 3 Lounge Rooms



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Thursday, May 15, 2025</b>		
9:30	Exercises to Music	Level 1,2, and 3 Lounge
10:00	Social Morning Tea and Reminiscing	Level 3 Outdoor Area
10:00	Social Morning Tea and Reminiscing	Level 2 Dining Room
10:00	Social Morning Tea and Reminiscing	Level 1 Dining Room
10:00	Social Morning Tea and Reminiscing	Ground Dining Room
1:00	School students visit - all welcome!	All Levels
2:00	Craft	Level 3 Dining Room
2:00	Craft	Level 2 Breezeway
2:00	Craft	Level 1 Dining Room
2:00	Shuffle Board	Ground Floor
2:00	YouTube Concert of the Day	Level 1, 2, 3 Lounge Rooms
<b>Friday, May 16, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Catholic Church Service	All Floors
10:30	Room Visits	All Floors
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert Happy Hour with Lisa	All balconies & breezeways
<b>Monday, May 19, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Bingo	Level 2 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
10:30	Relaxation Meditation and Massages	Ground Residents, Ground North Gym
11:00	Exercises Group with KYM	Gooding Centre
1:30	Room Visits with Annie	Level 2
2:00	Explore with Us: Outdoor Walks & Talks	Level 3 Outdoor Area
2:00	Relaxation Meditation and Massages	Level 2 Residents, Lvl 2 Sunroom
2:00	Explore with Us: Scenic Walks from the Verandah	Level 1
2:00	Garden Walks	Ground Floor
2:00	Movie of the Day	All Floors



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Tuesday, 20 May 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Quizzes in the Sunroom	Level 3 Sunroom
10:30	Quizzes in the Sunroom	Level 2 Sunroom
10:30	Cards	Level 1 Dining Room
10:30	Garden Walks & Café	Ground Floor
2:00	Relaxation Meditation and Massages	Level 3 Residents, Lvl 3 Sunroom
2:00	Room Visits & Activities in the Sunroom	Level 2
2:00	Jenga	Level 1 Sunroom
2:00	Bingo	Ground Floor
2:00	YouTube - Dolly Parton In Concert	Level 1, 2, 3 Lounge Rooms
<b>Wednesday, May 21, 2025</b>		
<b>INTERNATIONAL TEA DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Bingo	Level 2 Dining Room
10:30	Name that Tune	Level 1 Sunroom
10:30	Garden Walks & Café	Ground Floor Dining Room
2:00	Name that Tea!	All Floors
2:00	Exercises Group with KYM	Gooding Centre
2:00	Relaxation Meditation and Massages	Level 1 Residents, Lvl 1 Sunroom
2:00	Movie of the Day	Level 1, 2 and 3 Lounge Rooms
<b>Thursday, May 22, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:00	Social Morning Tea and Reminiscing	Level 3 Outdoor Area
10:00	Social Morning Tea and Reminiscing	Level 2 Dining Room
10:00	Social Morning Tea and Reminiscing	Level 1 Dining Room
10:00	Social Morning Tea and Reminiscing	Ground Dining Room
1:00	School students visit - all welcome!	All Levels
2:00	Craft/Quizzes	Level 3 Dining Room
2:00	Craft/Quizzes	Level 2 Breezeway
2:00	Craft/Quizzes	Level 1 Breezeway
2:00	Craft/Quizzes	Ground Dining Room
2:00	YouTube Concert of the Day	Level 1, 2, 3 Lounge Rooms



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Friday, May 23, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	All Floors
10:30	Jenga	Level 1 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert Happy Hour with Paul	All balconies & breezeways
<b>Monday, May 26, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Bingo	Level 3 Dining Room
10:30	Bingo	Level 2 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
10:30	Relaxation Meditation and Massages	Ground Residents, Ground North Gym
11:00	Exercises Group with KYM	Gooding Centre
1:30	Room Visits with Annie	Level 1
2:00	Explore with Us: Outdoor Walks & Talks	Level 3 Outdoor Area
2:00	Relaxation Meditation and Massages	Level 2 Residents, Lvl 2 Sunroom
2:00	Explore with Us: Scenic Walks from the Verandah	Level 1
2:00	Garden Walks	Ground Floor
2:00	Movie of the Day	Level 1, 2 and 3 Lounge Rooms
<b>Tuesday, May 27, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Quizzes in the Sunroom	Level 3 Sunroom
10:30	Quizzes in the Sunroom	Level 2 Sunroom
10:30	Cards	Level 1 Dining Room
10:30	Garden Walks & Café	Ground Floor
2:00	Relaxation Meditation and Massages	Level 3 Residents, Lvl 3 Sunroom
2:00	Word Quiz	Level 2 Sunroom
2:00	Board Games	Level 1 Dining Room
2:00	Bingo	Ground Floor
2:00	Armchair Travel to Greece	Level 1, 2 and 3 Lounge Room



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Wednesday, May 28, 2025</b>		
	<b>GOLD COAST LIBRARY BOOK PICK UP</b>	
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:30	Resident's Meeting	Ground Floor
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Bingo	Level 3 Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Relaxation Meditation and Massages	Level 1 Residents, Lvl 1 Sunroom
2:00	Room Visits & Activities in the Sunroom	Ground Residents, Ground Sunroom
2:00	Exercises Group with KYM	Gooding Centre
2:00	Movie of the Day	Level 1, 2 and 3 Lounge Rooms
<b>Thursday, May 29, 2025</b>		
9:30	Exercises to Music	Level 1, 2, and 3 Lounge
10:00	Social Morning Tea and Conversation	Level 3 Outdoor Area
10:00	Social Morning Tea and Conversation	Level 2 Dining Room
10:00	Social Morning Tea and Conversation	Level 1 Dining Room
10:00	Social Morning Tea and Conversation	Ground Floor
1:00	School students visit - all welcome!	All Levels
2:00	Craft/Quizzes	Level 3 Dining Room
2:00	Craft/Quizzes	Level 2 Breezeway
2:00	Craft/Quizzes	Level 1 Breezeway
2:00	Craft/Quizzes	Ground Dining Room
2:00	YouTube Concert of the Day	Level 1, 2, 3 Lounge Rooms
<b>Friday, May 30, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Catholic Church Service	All Floors
10:30	Room Visits	All Floors
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert Happy Hour with Mandy	All balconies & breezeways



**HILLVIEW**  
PREMIUM AGED CARE

## 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 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](mailto: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)