




## Merrimac Activities Program

<b>Tuesday, July 1, 2025</b>		
<b>CANADA DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: Green Days Café	Meet at Reception, Bookings Essential
10:30	Who Am I	Level 2 Sunroom
11:00	Armchair Travel to Canada	1, 2, 3 Lounge Room
2:00	Quality Time with Annie	All Floors
2:00	Jenga	Level 1 Sunroom
2:00	Relaxation, Meditation & Massage	Gooding Centre
<b>Wednesday, July 2, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: Men's Group - Lunch at Gold Coast Tavern	Meet at Reception, Bookings Essential
10:30	Let's Create with Clay	Level 2 Dining Room
10:30	Let's Create with Clay	Ground Floor
2:00	Jenga	Level 2 Sunroom
2:00	Exercises Group with KYM	Gooding Centre
2:00	ArmChair Travel - Brazil	All Lounge Rooms
<b>Thursday, July 3, 2025</b>		
9:30	Chair Zumba with Ingrid, \$10	Level 2 Dining Room
10:30	Bus Outing \$10: Southport Surf Club Lunch	Meet at Reception, Bookings Essential
10:30	Men's Group Morning Tea	Outside Gooding Centre
10:30	YouTube: Bee Gees in Concert	All Lounge Rooms
2:00	Bingo	Level 2 Dining Room
2:00	Let's Do Crosswords Together	Level 1 Lounge Room

## Merrimac Activities Program

Friday, July 4, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Tenpin Bowling	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert & Happy Hour with Paul	Gooding Centre
Monday, July 7, 2025		
NAIDOC WEEK		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Men's Group: Let's Play Pool	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Room Visits with Annie	Ground North
2:00	Bingo	Level 2 Dining Room
2:00	Let's Do a Jigsaw	Level 1 Dining Room
Tuesday, July 8, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: Scenic Bus Drive & Coffee	Meet at Reception, Bookings Essential
10:30	Table Bowls	Level 2 Breezeway
11:00	Armchair Travel to Denmark	Level 1,2,3 Lounge
1:30	Make a Coaster: Dot Art with Shoanna, \$15	Level 2 Dining Room
2:00	Relaxation, Meditation & Massage	Gooding Centre
2:00	Room Visits with Annie	Level 1 Residents



## Merrimac Activities Program

<b>Wednesday, July 9, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Let's Make Chocolates	Level 3 Dining Room
10:30	Let's Make Chocolates	Level 2 Dining Room
10:30	Let's Make Chocolates	Ground Floor
2:00	Exercises Group with KYM	Gooding Centre
2:00	Water Painting	Ground Floor
2:00	Hoy Cards	Level 1 Dining Room
<b>Thursday, July 10, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: BBQ In The Park	Meet at Reception, Bookings Essential
10:30	YouTube Concert	All Lounge Rooms
10:30	Social Morning Tea: Reminiscing	Level 3 Outdoor Area
2:00	Bingo	Level 2 Dining Room
2:00	Let's Paint with Water	Ground Floor
<b>Friday, July 11, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert & Happy Hour with The Cowboy	Ground Floor Dining
<b>Saturday, 12 July 2025</b>		
9:45	Fun Trivia with Annie	All Floors
<b>Monday, July 14, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Casino Morning	Level 3 Dining Room
10:30	Board Games	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room



## Merrimac Activities Program

<b>Tuesday, July 15, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Residents' Meeting & Food Focus Meeting	Ground Floor Dining
10:30	Social Morning Tea	Outside Gooding Centre
1:30	YouTube: The Carpenters in Concert	All Lounge Rooms
2:00	Let's Do Crosswords Together	Level 2 Dining Room
2:00	Relaxation, Meditation & Massage	Gooding Centre
<b>Wednesday, July 16, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Living with Parkinsons - Q&A with Maurice Dean	Gooding Centre
10:45	Room Visits & Quality Time	All Floors
2:00	Who Am I	Level 3 Sunroom
2:00	Let's Cook	Ground Floor
2:00	Exercises Group with KYM	Gooding Centre
<b>Thursday, July 17, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10: Morning Tea with Local Childcare	Meet at Reception, Bookings Essential
10:30	Word Quiz	Level 3 Sunroom
12:00	Level 1 Residents' BBQ	Level 1 Breezeway
2:00	Balloon Ping Pong	Level 3 Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Friday, July 18, 2025</b>		
<b>PYJAMA DAY</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Table Bowls	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert & Happy Hour with Mercedes	Ground Floor Dining



## Merrimac Activities Program

	<b>Saturday, 19 July 2025</b>	
9:45	Fun Trivia with Annie	All Floors
	<b>Monday, July 21, 2025</b>	
<b>NATIONAL LAMINGTON DAY</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Make Lamingtons	Level 3 Dining Room
10:30	Let's Make Lamingtons	Level 2 Dining Room
10:30	Let's Make Lamingtons	Ground Floor Dining
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Play Backgammon	Ground Floor
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
	<b>Tuesday, July 22, 2025</b>	
	<b>CHRISTMAS IN JULY</b>	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10: Shopping & Coffee at Super Q	Meet at Reception, Bookings Essential
10:30	Christmas Word Quiz	Level 3 Sunroom
11:30	Christmas in July Lunch	All Dining Rooms
2:00	Christmas Trivia	Level 3 Sunroom
2:00	Christmas Trivia	Level 2 Dining Room
2:00	Relaxation, Meditation & Massage	Gooding Centre
	<b>Wednesday, July 23, 2025</b>	
9:30	Exercises	Level 1, 2, 3 Lounges
10:30	Let's Play Quoits	Level 3 Dining Room
10:30	Drumming to Music	Level 2 Sunroom
10:30	YouTube: All About Cars	All Lounge Rooms
2:00	Let's Do a Jigsaw Together	Level 2 Dining Room
2:00	Let's Play Scrabble Together	Level 3 Dining Room
2:00	Exercises Group with KYM	Gooding Centre



## Merrimac Activities Program

<b>Thursday, July 24, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: Scenic Drive & Coffee	Meet at Reception, Bookings Essential
10:30	Jumping Frog Fun	Ground Floor
1:30	YouTube: The Supremes in Concert	All Lounges
2:00	Bingo	Level 2 Dining Room
2:00	Let's Do Search-a-Word Together	Level 2 Dining Room
<b>Friday, July 25, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert & Happy Hour with Chris B	Ground Floor Dining
<b>Monday, July 28, 2025</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Make Friendship Letters	Level 2 Dining Room
10:30	Let's Make Friendship Letters	Level 3 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Play Board Games	Level 1 Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
<b>Tuesday, July 29, 2025</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10: Shopping & Coffee at The Pines Elanora	Meet at Reception, Bookings Essential
10:30	YouTube: Let's Go Fishing	Level 1, 2, 3 Lounges
10:30	Let's Play Quoits	Level 2 Sunroom
2:00	Concert with Anthony Meagher	Ground Floor Dining



## Merrimac Activities Program

Wednesday, July 30, 2025		
FRIENDSHIP DAY		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Craft	Level 2 Dining Room
10:30	Craft	Ground Floor
2:00	YouTube Concert	All Lounge Rooms
2:00	Drinks & Conversation About Friendships	Level 3 Outdoor Area
2:00	Exercises Group with KYM	Gooding Centre
Thursday, July 31, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10: Fox & Hounds 'Christmas in July' Lunch	Meet at Reception, Bookings Essential
10:30	Jenga	Level 2 Sunroom
2:00	Bingo	Level 2 Dining Room
2:00	Men's Group: Let's Talk About Cars & Trains	Level 3 Outdoor Area
<ul style="list-style-type: none"> <li>• Foxtel available every day in all levels lounge areas, please see a staff member to assist with program selection</li> <li>• Hairdressing and Beauty Therapy available by appointment: For bookings contact 5559 3226</li> <li>• The Library is located in the Level 3 Sunroom. If you require any help Lifestyle are happy to assist</li> <li>• To book bus trips: Please contact Reception or the Lifestyle team on 5559 3222 or email <a href="mailto:Lifestyle@hillviewcare.com.au">Lifestyle@hillviewcare.com.au</a></li> <li>• DVDs/Videos available for weekends on request from the Leisure &amp; Lifestyle department</li> <li>• Café Open 7 Days from 9:30am - 1:30pm (excluding public holidays)</li> <li>• This Activity Schedule is subject to change, where necessary</li> </ul>		