











Merrimac Activities Program

	Friday, August 1, 2025	
	INTERNATIONAL BEER DAY	  
9:30	Exercises Group with KYM	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
10:30	YouTube: Visit the Guinness Factory	North & South Lounge
11:00	Exercise Group with KYM	Gooding Centre
2:00	Concert & Happy Hour with Miss Mandy	Ground Dining Room
	Saturday, August 2, 2025	
9:45	Fun Trivia with Annie	All Floors
	Monday, August 4, 2025	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Tenpin Bowling	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Hoy Cards	Level 1 Dining Room
2:00	Bingo	Level 2 Dining Room
	Tuesday, August 5, 2025	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Fish & Chips at Point Danger	Meet at Reception; Bookings Essential
10:30	Word Quiz	Level 3 Sunroom
2:00	Who Am I	Level 2 Sunroom
2:00	Balloon Tennis	Level 1 Sunroom
	Wednesday, August 6, 2025	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Let's Paint a Picture	Level 1 Breezeway
10:30	Let's Paint a Picture	Level 2 Breezeway
2:00	Table Bowls	Level 2 Breezeway
2:00	YouTube: Animals of the Wild	All Lounge Rooms
2:00	Colouring-in & Chit Chat	Ground Floor



Merrimac Activities Program

	Thursday, August 7, 2025	
	JEANS FOR GENES DAY	  
9:30	Exercise Group with KYM	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Morning Tea At HOTA	Meet at Reception; Bookings Essential
10:30	Morning Tea & Reminiscing	Outside Gooding Centre
11:00	Exercise Group with KYM	Gooding Centre
1:00	All Saints Students Visit	All Floors
2:00	Karaoke Sing-a-Long	Ground East Lounge
2:00	Bingo	Level 2 Dining Room
	Friday, August 8, 2025	
9:30	Exercises with Robbie	Gooding Centre
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Balloon Tennis	Ground Floor
10:30	YouTube: Let's Explore London	All Lounge Rooms
2:00	Concert and Happy Hour with Olivia	Ground Dining Room
	Saturday, August 9, 2025	
9:45	Fun Trivia with Annie	All Floors
	Monday, August 11, 2025	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Drumming to Music	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Explore the Arctic	All Lounge Rooms
2:00	Board Games	Level 1 Dining Room
2:00	Bingo	Level 2 Dining Room



Merrimac Activities Program

Tuesday, August 12, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident's Meeting	Ground Floor
10:30	Morning Walks with Lifestyle	Ground Floor
2:00	Let's Bake Scones	Level 2 Dining Room
1:30	YouTube: Let's Explore Canada	All Lounge Rooms
2:00	Name That Tune	Level 3 Outdoor Area
Wednesday, August 13, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Jenga	Level 2 Sunroom
10:30	YouTube: Let's Explore the Amazon	All Lounge Rooms
2:00	Bingo	Gooding Centre
Thursday, August 14, 2025		
9:30	Exercise Group with KYM	Gooding Centre
9:30	Bus Outing \$10 - Shopping Q Super Store	Meet at Reception; Bookings Essential
10:30	Garden Walks & Milkshakes	Café Lily
11:00	Exercise Group with KYM	Gooding Centre
12:00	Level 2 Resident's BBQ	Level 2 Breezeway
2:00	Casino Afternoon	Level 2 Dining Room
2:00	Let's Knit & Share Stories	Level 3 Sunroom
Friday, August 15, 2025		
9:30	Exercises with Robbie	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Who Am I	Level 3 Sunroom
11:00	YouTube: Let's Explore Canada	Gooding Centre
2:00	Concert & Happy Hour with Mark Dean	Gooding Centre
Saturday, August 16, 2025		
9:45	Fun Trivia with Annie	All Floors



Merrimac Activities Program



	Monday, August 18, 2025	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Tenpin Bowling	Ground Floor
10:30	Garden Walks with Lifestyle	All floors
11:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Board Games	Level 1 Dining Room
	Tuesday, August 19, 2025	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Morning Tea, Greenday Café	Meet at Reception; Bookings Essential
10:30	Word Quiz	Level 3 Sunroom
2:00	Let's Play Pool with John	Ground Floor
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, August 20, 2025	
	GOLD COAST LIBRARY PICK UP	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Men's Group \$10 - Bus Trip to the Car Museum	Meet at Reception; Bookings Essential
10:30	CRAFT: Let's Make Dream Catchers	Level 2 Dining Room
10:30	CRAFT: Let's Make Dream Catchers	Ground Floor
1:30	YouTube: 7 Wonders of the World	All Lounge Rooms
2:00	Let's Search-a-Word	Level 1 Dining Room
2:00	Bingo	Level 2 Dining Room



Merrimac Activities Program

Thursday, August 21, 2025		
9:30	Exercise Group with KYM	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Coffee & Shopping at Mudgeeraba	Meet at Reception; Bookings Essential
10:30	Jenga	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Balloon Tennis	Level 1 Sunroom
Friday, August 22, 2025		
9:30	Exercises with Robbie	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Tenpin Bowling	Ground Floor
11:00	YouTube: Bee Gees in Concert	All Lounge Rooms
2:00	Concert & Happy Hour with Robbie	Gooding Centre
Saturday, August 23, 2025		
9:45	Fun Trivia with Annie	All Floors
Monday, August 25, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Quality Time Room Visits	All Floors
11:00	Exercise Group with KYM	Gooding Centre
2:00	Movie Happy Hour on the Big Screen	Gooding Centre
2:00	Board Games	Level 2 Dining Room
Tuesday, August 26, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Word Quiz	Level 3 Sunroom
10:30	Jenga	Level 2 Sunroom
2:00	Let's Play Pool	Ground Floor
2:00	Relaxation, Meditation & Massage	Gooding Centre
3:00	Movie: King Solomon's Mines	All Lounge Rooms

Merrimac Activities Program

	Wednesday, August 27, 2025	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Table Bowls	Level 2 Breezeway
1:30	YouTube: Delta Goodrem in Concert	All Lounge Rooms
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
	Thursday, August 28, 2025	
	HILLVIEW SHOW DAY	
9:30	Exercise Group with KYM	Gooding Centre
10:00	HillView Show Day	Outside Café Lily
11:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Play Hoy	Level 1 Dining Room
2:00	Quality Time Room Visits	All Floors
	Friday, August 29, 2025	
	PUBLIC HOLIDAY GOLD COAST SHOW DAY	
	Saturday, August 30, 2025	
9:45	Fun Trivia with Annie	All Floors
<ul style="list-style-type: none"> • 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 is located in the 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 9:30am - 1:30pm (excluding public holidays) • This Activity Schedule is subject to change, where necessary 		