



Merrimac Activities Program

Monday, September 1, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Tenpin Bowling	Ground Floor Dining
11:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Board Games	Level 1 Dining Room
Tuesday, September 2, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Tallai Golf Club Lunch	Meet at Reception, Bookings Essential
11:00	Advocacy Australia visiting	Ground Floor
2:00	Colouring & Chit Chat	Level 1 Dining Room
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, September 3, 2025		
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	Hoy Cards	Level 2 Dining Room
2:00	Let's Paint a Picture	Level 2 Breezeway
2:00	YouTube: The Zoo Keeper	All Lounge Rooms
Thursday, September 4, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:00	Mastery School Choir Performance	All Balconies
11:00	Exercise Group with KYM	Gooding Centre
2:00	Father's Day Men's Group	Level 3 Outdoor Area
2:00	Bingo	Level 2 Dining Room



Merrimac Activities Program

Friday, September 5, 2025		
9:30	Exercises with Lifestyle Team	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	YouTube: Famous Beaches	All Lounge Rooms
2:00	Concert & Happy Hour with Chris B	Ground Floor Dining
Saturday, 6 September 2025		
9:45	Silly Trivia	Level 2 Sunroom
Monday, September 8, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Lets Do Crosswords	Level 2 Dining Room
2:00	Balloon Tennis	Level 1 Sunroom
Tuesday, September 9, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident & Food Focus Meeting	Ground Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	YouTube: Travel to Alaska	All Lounge Rooms
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, September 10, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing \$10 - Shopping Q Super Store	Meet at Reception, Bookings Essential
10:30	Craft	Level 2 Breezeway
10:30	YouTube: Animals of South Africa	All Lounge Rooms
2:00	Knitting & Conversation	Level 2 Dining Room
2:00	Bean Bag Toss	Level 1 Breezeway



Merrimac Activities Program

Thursday, September 11, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
11:00	Exercise Group with KYM	Gooding Centre
12:00	Level 3 Residents BBQ	Level 3 Outdoor Area
2:00	Casino Afternoon	Ground Floor
2:00	Let's Search-a-Word Together	Level 1 Dining Room
Friday, September 12, 2025		
9:30	Exercises with the Lifestyle Team	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Word Quiz	Level 3 Sunroom
11:00	YouTube: Exploring the Arctic Ocean	All Lounge Rooms
2:00	Concert & Happy Hour with Alison	Ground Floor Dining
Saturday, 13 September 2025		
9:45	Silly Trivia with Annie	Level 2 Sunroom
Monday, September 15, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Poetry and Conversation with Robbie	Level 3 Sunroom
2:00	Let's do Puzzles	Level 2 Dining Room
Tuesday, September 16, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Lunch at Hinze Dam	Meet at Reception, Bookings Essential
10:30	YouTube	All Lounge Rooms
2:00	Hoy Cards	Level 1 Dining Room
2:00	Meditation, Relaxation & Massage	Gooding Centre



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Wednesday, September 17, 2025		
GOLD COAST LIBRARY PICKUP		
9:30	Exercises to Music	Level 1 & 2 Lounge
9:30	Bus Outing \$10 - Morning Tea at the Spit	Meet at Reception, Bookings Essential
10:30	Craft with Amanda	Level 2 Breezeway
2:00	YouTube: The Crystal Maze	All Lounge Rooms
2:00	Let's Cook	Level 2 Dining Room
Thursday, September 18, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Balloon Tennis	Level 1 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Paint a Picture	Level 2 Breezeway
2:00	Let's Paint with Water	Ground floor
Friday, September 19, 2025		
9:30	Exercises with the Lifestyle Team	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
11:00	YouTube	All Lounge Rooms
2:00	Concert & Happy Hour with Olivia	Ground Floor Dining
Saturday, 20 September 2025		
9:45	Silly Trivia with Annie	Level 2 Sunroom



Merrimac Activities Program

Monday, September 22, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground Floor
11:00	Exercise Group with KYM	Gooding Centre
2:00	Let's Create with Clay	Level 2 Breezeway
2:00	Board Games	Level 2 Dining Room
Tuesday, September 23, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Drumming To Music	Level 2 Sunroom
10:30	Silly Trivia	Level 3 Sunroom
2:00	Ice Cream Extravaganza	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, September 24, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing \$10 - Lunch at Georges Paragon	Meet at Reception, Bookings Essential
10:30	Newspaper Shuffle	Ground floor
2:00	Let's Paint-a-Picture	Level 2 Breezeway
2:00	YouTube: Babe the Movie	All Lounge Rooms
Thursday, September 25, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercise Group with KYM	Gooding Center
2:00	YouTube: Exploring The Pyramids	All Lounge Rooms
2:00	Casino Games & Jigsaw Puzzles	Level 2 Dining Room



Merrimac Activities Program

Friday, September 26, 2025		
9:30	Exercises with the Lifestyle Team	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Tablebowls	Ground Floor
11:00	YouTube: Peter Allen in Concert	All Lounge Rooms
2:00	Concert & Happy Hour with Mark Dean	Ground Floor Dining
Saturday, 27 September 2025		
9:45	Silly Trivia with Annie	Level 2 Sunroom
Monday, September 29, 2025		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
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, September 30, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing \$10 - Lunch at Beechmont Hotel	Meet at Reception, Bookings Essential
10:30	Drumming to Music	Level 2 Sunroom
2:00	Quality Room visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre



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 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