

Merrimac Activities Program

Wednesday, October 1, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:15	Bus Outing - Shopping at Stocklands	Meet at Reception, Bookings Essential
10:30	Café Social	Café Lily
2:00	Let's Paint a Picture	Ground Floor
2:00	Let's Paint a Picture	Level 3 Outdoor Area
2:00	YouTube	All Lounge Rooms
Thursday, October 2, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Cook Curry Puffs	Level 2 Dining Room
Friday, October 3, 2025		
	OKTOBERFEST CELEBRATIONS	  
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
2:00	Oktoberfest Concert & Happy Hour with Zoltan	Gooding Centre
Saturday, 4th October 2025		
9:45	Fun Trivia with Annie	Level 2 Sunroom
Monday, October 6, 2025		
PUBLIC HOLIDAY KING'S BIRTHDAY		



Merrimac Activities Program

Tuesday, October 7, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Scenic Drive & Coffee	Meet at Reception, Bookings Essential
10:30	Social Morning Tea	Café Lily
1:30	YouTube: Pyramids of Egypt	All Lounge Rooms
2:00	Colour & Chit Chat	Level 1 Dining Room
2:00	Relaxation, Meditation & Massage	Gooding Centre
Wednesday, October 8, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Lunch at Southport Surf Club	Meet at Reception, Bookings Essential
10:30	Craft	Level 2 Breezeway
1:30	YouTube: 7 Wonders of the World	All Lounge Rooms
2:00	Let's Search a Word	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, October 9, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Wheelchairs	Ground
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Senior Students Visit	All Floors
2:00	YouTube: Movie 'When Harry Meet Sally'	All Lounge Rooms
2:00	Knitting Club	Level 1 Dining Room

Merrimac Activities Program

Friday, October 10, 2025		
9:30	Exercises with the Lifestyle Team	Level 2 Sunroom
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Tenpin Bowling	Ground Floor
11:00	YouTube	All Lounge Rooms
2:00	Concert & Happy Hour with Robbie	Ground Floor
Saturday, 11th October 2025		
9:45	Fun Trivia with Annie	Level 2 Sunroom
Monday, October 13, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Garden Walks with Lifestyle	Ground
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	YouTube: Famous Beaches	All Floors
Tuesday, October 14, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Resident & Food Focus Meeting	Ground Dining Room
10:30	Café Social	Café Lily
1:30	YouTube: Movie 'The Man in the Moon'	All Lounge Rooms
2:00	Room Visits	All Floors
2:00	Relaxation, Meditation & Massage	Gooding Centre

Merrimac Activities Program

Wednesday, October 15, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:15	Bus Outing - Sausage Sizzle in the Park	Meet at Reception, Bookings Essential
10:30	Craft	Level 2 Breezeway
10:30	YouTube: The 39 Steps	All Lounge Rooms
2:00	Conversation & Drinks	Level 3 Outdoor Area
2:00	Garden Walks with Lifestyle	Ground
Thursday, October 16, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Wheelchairs	Ground
11:00	Exercises Group with KYM	Gooding Centre
12:00	Ground Floor Resident's BBQ	Ground Floor
1:00	All Saints Senior Students Visit	All Floors
2:00	New Game: Cup Races	Level 3 Dining Room
2:00	Let's Search a Word	Level 1 Dining Room
2:00	YouTube: The Longest Yard	All Lounge Rooms
Friday, October 17, 2025		
	JAMES BOND 'GIN & TONIC DAY'	<i>007</i>
9:30	Exercises with the Lifestyle Team	Level 2 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Trivia / Quiz James Bond Style	Level 3 Sunroom
11:00	YouTube: James Bond Movie	All Lounge Rooms
2:00	<i>The Songs of James Bond'</i> Concert & Happy Hour	Ground Floor
Saturday, October 18, 2025		
9:45	Fun Trivia with Annie	Level 2 Sunroom



Merrimac Activities Program

Monday, October 20, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Diwali Craft with Shonna	Level 2 Dining Room
10:30	YouTube: Movie	All Lounge Rooms
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Board Games	Ground Floor
Tuesday, October 21, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Shuffle Board	Ground Floor
10:30	YouTube: Roberta Flack	All Lounge Rooms
2:00	Room Visits	All Floors
2:00	Relaxation, Meditation & Massage	Gooding Centre
Wednesday, October 22, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Fish & Chips at Point Danger	Meet at Reception, Bookings Essential
10:30	Craft: Making Fascinators For The Cup	Level 2 Breezeway
11:00	YouTube: Movie 'Hopscotch'	All Lounge Rooms
2:00	Poetry	Level 3 Sunroom
2:00	Garden Walks with Lifestyle	Ground Floor
Thursday, October 23, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Create with Clay	Level 2 Breezeway
2:00	Let's Create with Clay	Level 1 Breezeway



Merrimac Activities Program

Friday, October 24, 2025		
9:30	Exercises with the Lifestyle Team	Level 2 Sunroom
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Bean Bag Toss	Level 2 Breezeway
2:00	Concert & Happy Hour, with The Cowboy	Ground Floor
Saturday, 25th October 2025		
9:45	Fun Trivia with Annie	Level 2 Sunroom
Monday, October 27, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	YouTube: Africian Wild Life	All Lounge Rooms
11:00	Exercises Group with KYM	Gooding Centre
1:30	Movie Happy Hour on the Big Screen - Kangaroo Jack	Gooding Centre
2:00	Board Games	Level 2 Dining Room
Tuesday, October 28, 2025		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing - Shopping Q Store	Meet at Reception Booking Esstenials
10:30	Social Morning Tea	Café Lilly
2:00	Let's Search a Word	Level 1 Dining Room
2:00	Relaxation, Meditation & Massage	Gooding Centre



Merrimac Activities Program

Wednesday, October 29, 2025		
9:00	Bus Outing - Game & Craft Morning	Meet at Reception, Bookings Essential
9:30	Exercises to Music	Level 1 & 2 Lounge
10:30	Word Quiz	Level 3 Sunroom
2:00	Craft: Making Fascinators For The Cup	Level 2 Breezeway
2:00	Craft: Making Fascinators For The Cup	Level 1 Breezeway
2:00	YouTube: Movie	All Lounge Rooms
Thursday, October 30, 2025		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Garden Walk with Lifestyle	Ground
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Cook	Level 3 Dining Room
2:00	Men's Group with John	Level 3 Outdoor Area
Friday, October 31, 2025		
9:30	Exercises with the Lifestyle Team	Level 3 Dining Room
10:30	Roman Catholic Church	Level 2 Sunroom
10:30	Newspaper Shuffle	Ground Floor
2:00	Concert & Happy Hour with Terry	Ground Floor



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**