



**HILLVIEW**  
PREMIUM AGED CARE

## Merrimac Activities Program

<b>Monday, March 2, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:00	Café Social Morning Tea	Café Lily
10:30	Anglican Church Service	Level 3 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Let's Do Search a Word Together	Level 2 Dining Room
<b>Tuesday, March 3, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing: Scenic Drive & Coffee	Bookings Essential, Meet at Reception
10:30	Tenpin Bowling	Ground Floor Dining
2:00	Let's Play Pool with John	Ground Floor
2:00	Meditation, Relaxation & Massage	Gooding Centre
<b>Wednesday, March 4, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing: Morning Tea with our Ashmore Residents	Bookings Essential, Meet at Reception
10:30	Who Am I ?	Level 2 Sunroom
2:00	Paint & Sip	Level 3 Outdoor
2:00	Paint & Sip	Level 2 Breezeway
<b>Thursday, March 5, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Play Quoits	Level 2 Breezeway
10:30	Word Quiz	Level 3 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Quality Room Visits	All Floors
2:00	Bingo	Level 2 Dining Room



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<b>Friday, March 6, 2026</b>		
	<b>DENIM DAY FOR DEMENTIA</b>	
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor Dining
2:00	Concert Happy Hour with Anthony Meagher	Ground Floor Dining
<b>Saturday, March 7, 2026</b>		
9:00	Exercises with Annie	Level 2 Sunroom
10:00	Fun Trivia with Annie	Level 2 Dining Room
<b>Monday, March 9, 2026</b>		
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
1:30	YouTube: Lets go Fishing	All Lounges
2:00	Let's Play Hoy Cards	Level 1 Dining Room
2:00	Ice Cream Extravaganza	All Floors
<b>Tuesday, March 10, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Café Social Morning Tea	Café Lily
10:30	Residents Meeting & Food Focus	Ground Floor Dining
11:00	YouTube: Let's Explore Italy	All Lounges
2:00	Meditation, Relaxation & Massage	Gooding Centre
2:00	Let's Play Jenga	Level 2 Sunroom



## Merrimac Activities Program

<b>Wednesday, March 11, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing: Lunch at St Bernard's Hotel Tamborine Mountain	Bookings Essential, Meet at Reception
10:30	Let's do a Crossword Together	Level 2 Dining Room
2:00	Let's Paint an Irish Picture	Level 3 Outdoor
<b>Thursday, March 12, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	St Patrick's Day Craft	Level 2 Dining Room
10:30	St Patrick's Day Craft	Level 3 Outdoor
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Bingo	Level 2 Dining Room
2:00	Balloon Tennis	Level 1 Sunroom
<b>Friday, March 13, 2026</b>		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Target Golf Practice	Level 3 Outdoor Area
2:00	Concert Happy Hour with Tracie	Ground Floor Dining
<b>Saturday, March,14, 2026</b>		
9:00	Exercises with Annie	Level 3 Sunroom
10:00	Fun Trivia with Annie	Level 2 Dining Room
<b>Monday, March 16, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Garden Walks with Lifestyle	Ground Floor
10:30	Bingo	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Let's Make Ice Cones	Level 2 Dining Room
2:00	Board Games	Level 3 Dining Room



## Merrimac Activities Program

<b>Tuesday, March 17, 2026</b>		
<b>ST PATRICKS DAY</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing: Lunch at Tallai Golf Club	Bookings Essential, Meet at Reception
10:30	St Patrick's Day Trivia & Word Quiz	Level 3 Sunroom
1:30	YouTube: Let's Explore Ireland	All Lounges
2:00	Quality Room Visit	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
<b>Wednesday, March 18, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Greenday Café	Bookings Essential, Meet at Reception
10:30	Craft with Shonna and her Birds	Level 2 Dining Room
2:00	Let's Play Quoits	Level 3 Outdoor Area
2:00	Let's Play Hoy Cards	Level 2 Dining Room
<b>Thursday, March 19, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
12:00	BBQ Lunch for Level 2 Residents	Level 2 Breezeways
1:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Golf Putting with Vanessa B	Level 3 Outdoor Area
2:00	Let's Search-a-Word Together	Level 2 Dining Room
<b>Friday, March 20, 2026</b>		
9:30	Movement to Music	Level 3 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
2:00	Concert Happy Hour with Chris B	Ground Floor



## Merrimac Activities Program

<b>Saturday, March 21, 2026</b>		
9:00	Exercises with Annie	Level 2 Sunroom
10:00	Fun Trivia with Annie	Level 2 Sunroom
<b>Monday, March 23, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Play Tenpin Bowling	Ground Floor
10:30	Who Am I ?	Level 2 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Let's Do Crosswords Together	Level 3 Dining Room
<b>Tuesday, March 24, 2026</b>		
<b>GOLD COAST LIBRARY PICK UP</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Shopping Super Q Centre	Bookings Essential, Meet at Reception
10:30	Men's Group: Let's Play Pool	Ground Floor
2:00	Quality Room Visits	All Floors
2:00	Meditation Relaxation & Massage	Gooding Centre
<b>Wednesday, March 25, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
11:00	Bus Outing: Fish & Chips with the Pelicans	Bookings Essential, Meet at Reception
10:30	Spot the Difference	Level 2 Dining Room
2:00	Craft	Level 2 Dining Room
2:00	Craft	Level 3 Outdoor Area



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## Merrimac Activities Program

<b>Thursday, March 26, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Casino Games	Ground Floor
2:00	Conversation & Reminiscing	Level 3 Outdoor Area
<b>Friday, March 27, 2026</b>		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Bean Bag Toss	Level 2 Breezeway
2:00	Concert Happy Hour with The Cowboy	Ground Floor Dining
<b>Saturday, March 28, 2026</b>		
9:00	Exercises with Annie	Level 3 Sunroom
10:00	Fun Trivia with Annie	Level 2 Sunroom
<b>Monday, March 30, 2026</b>		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 2 Dining Room
10:30	Café Social	Café Lily
11:00	Exercises Group with KYM	Gooding Centre
2:00	Make Smoothies & Conversation	Level 2 Dining Room
2:00	Make Smoothies & Conversation	Level 3 Outdoor Area
<b>Tuesday, March 31, 2026</b>		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Drumming to Music	Level 2 Sunroom
9:30	Bus Outing - Coffee at Café Catalina, Broadwater Parklands	Bookings Essential, Meet at Reception
2:00	Quality Room Visits	All Floors
2:00	Meditation Relaxation & Massage	Gooding Centre



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## 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](mailto: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**