





Merrimac Activities Program

Wednesday, July 1, 2026		
9:30	Exercises to Music	Level 3 Lounge
10:00	Pop Up Clothes Store, brought to HillView by Threads & Mudgeeraba Lions	Gooding Centre
2:00	Twister Games	Ground Floor
2:00	Spot the Difference	Level 1 Dining Room
Thursday, July 2, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Cooking	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Let's Play Hoy Cards	Level 2 Dining Room
Friday, July 3, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Let's Play World Cup Soccer	Ground Floor
2:00	Concert Happy Hour with Olivia	Ground Floor Dining
Friday, July 4, 2026		
9:30	Trivia with Annie	Level 2 Sunroom
Monday, July 6, 2026		
NAIDOC WEEK		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Garden Walks with Lifestyle	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Colouring Therapy	Ground Dining Room





Merrimac Activities Program

Tuesday, July 7, 2026		
	WORLD CHOCOLATE DAY	  
9:30	Exercises to Music	Level 1,2, 3 Lounge
9:30	Bus Outing: Pooches and Pastries	Bookings Essential Meet at Reception
10:30	Let's Create with Chocolate	Level 2 Dining Room
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, July 8, 2026		
	STATE OF ORIGIN	
9:30	Exercises to Music	Level 1,2,3 Lounge
10:30	Bus Outing: Hinze Dam Lunch	Bookings Essential Meet at Reception
10:30	NAIDOC Wildlife Painting Experience	Level 3 Outdoor Area
2:00	Search a Word	Ground Floor
2:00	Knitting Club	Level 1 Dining Room
Thursday, July 9, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:00	Café Social	Ground Breezeway
10:30	Animal Trivia	Level 3 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Afternoon Walks with Lifestyle	All Floors

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Friday, July 10, 2026		
	SPECIAL EVENT: REPTILE SHOW	
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Reptile Show	Gooding Centre
2:00	Concert Happy Hour with Robbie	Ground Dining Room
Saturday, July 11, 2026		
9:30	Trivia with Annie	Level 1 Sunroom
Monday, July 13, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Who Am I ?	Level 2 Sunroom
10:30	Mens' Social Morning Tea	Ground Outdoor Area
11:00	Exercises Group with KYM	Gooding Centre
2:00	Word Search	Level 1 Dining Room
2:00	Bingo	Level 2 Dining Room
Tuesday, July 14, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Resident's Meeting and Morning Tea	Gooding Centre
10:30	Garden Walks with Lifestyle	Ground Floor
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, July 15, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Trip: Shopping Q Super Store	Bookings Essential Meet at Reception
10:30	Crafts	Level 3 Dining Room
2:00	Let's Cook Together	Level 2 Dining Room
2:00	Mens' Group	Ground Floor

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Thursday, July 16, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Word Quiz	Level 2 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Ten Pin Bowls	Level 2 Dining Room
Friday, July 17, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Shuffleboard	Ground Floor
2:00	Concert Happy Hour with Tracie	Ground Floor Dining
Saturday, July 18, 2026		
9:30	Trivia with Annie	Level 3 Sunroom
Monday, July 20, 2026		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Let's Make Smoothies	Level 1 Dining Room
10:30	Café Lily Social Morning Tea	Café Lily
11:00	Exercise Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Quality Room Visits	All Floors
Tuesday, July 21, 2026		
	NATIONAL LAMINGTON DAY	  
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing: Scenic Drive	Bookings Essential Meet at Reception
10:30	Let's Make Lamingtons	Level 1 Dining Room
2:00	Let's Play Hoy Cards	Level 2 Dining Room
2:00	Meditation, Relaxation & Massage	Gooding Centre

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Wednesday, July 22, 2026		
GOLD COAST LIBRARY PICK UP		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Bus Outing: Georges Paragon Seafood Lunch	Bookings Essential Meet at Reception
10:30	Craft	Level 2 Breezway
2:00	Let's Play Casino Games	Level 3 Dining Room
2:00	Colouring Therapy & Chit Chat	Level 1 Dining Room
Thursday, July 23, 2026		
	CHRISTMAS IN JULY	  
9:30	Exercise Group with KYM	Gooding Centre
10:30	Christmas in July Word Quiz	Level 3 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
12:00	Christmas in July Lunch	All Dining Rooms
1:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Christmas Bingo - Lucky Dip	Level 2 Dining Room
2:00	Quality Room Visits	All Floors
Friday, July 24, 2026		
PYJAMA DAY		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Ten Pin Bowling	Ground Floor
2:00	Happy Hour Drinks and Banter	Level 3 Outdoor Area
Saturday, July 25, 2026		
9:30	Trivia with Annie	Level 2 Sunroom



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Monday, July 27, 2026		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Table Bowls	Level 2 Breezway
10:30	Balloon Tennis	Level 1 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
2:00	Quality Room Visits	All Floors
2:00	Bingo	Ground Floor
Tuesday, July 28, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Mens' Social Morning Tea	Café Lily
10:30	Word Quiz	Level 3 Sunroom
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, July 29, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:15	Bus Outing: Fox & Hound Pub Lunch <i>'Christmas In July'</i>	Bookings Essential Meet at Reception
10:30	Craft	Level 2 Breezway
2:00	Crosswords	Level 2 Dining Room
2:00	Let's Do Puzzles	Level 3 Dining Room
Thursday, July 30, 2026		
9:30	Exercise Group with KYM	Gooding Centre
10:30	Drumming to Music	Level 2 Sunroom
11:00	Exercise Group with KYM	Gooding Centre
1:00	All Saints Senior Students Visit	Level 2 Dining Room
2:00	Bingo	Level 3 Dining Room
2:00	Ice-Cream Extravaganza and Movie	All Lounge Rooms



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Friday, July 31, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Shuffleboard	Ground Floor
2:00	Concert Happy Hour with Gina	Ground Floor Dining

- **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 ext 226, or call Reception on 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 on ext 201 or the Lifestyle team on ext 227, or call 5559 3222 / email: Lifestyle@hillviewcare.com.au**
- **DVDs/Videos available for weekends on request from the Leisure & Lifestyle department**
- **Café Open 7 Days from 9:00am - 1:30pm (excluding public holidays)**
- **This Activity Schedule is subject to change, where necessary**