

Merrimac Activities Program

	Monday, August 3, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Anglican Church Service	Level 3 Sunroom
10:30	Garden Walks with Lifestyle	All Floors
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Colouring Therapy	Ground Floor Dining
	Tuesday, August 4, 2026	
9:30	Exercises to Music	Level 1,2,3, Lounge
9:30	Bus Outing - Shopping at Stocklands	Bookings Essential Meet at Reception
10:30	Word Quiz	Level 3 Sunroom
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, August 5, 2026	
9:30	Exercises to Music	Level 3 Dining Room
9:30	Bus Outing - Greenday Café	Bookings Essential Meet at Reception
10:30	Craft /Painting	Level 3 Dining Room
2:00	Search A Word	Level 1 Dining Room
2:00	Knitting Club	Level 1 Dining Room
	Thursday, August 6, 2026	
	Jeans for Genes Day	  
9:30	Exercises Group with KYM	Gooding Centre
10:00	Social Morning Tea	Café Lily
10:30	Bingo	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
12:00	All Saints Senior Students Visit	Level 3 Dining Room
2:00	Let's Cook Together	Level 2 Dining Room
2:00	Balloon Tennis	Level 2 Sunroom

Merrimac Activities Program

	Friday, August 7, 2026	
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Jenga	Ground Floor
2:00	Concert Happy Hour with The Cowboy	Gooding Centre
	Saturday , August 8, 2026	
9:30	Trivia with Annie	Level 1 Sunroom
	Monday, August 10, 2026	
	Mastery School Choir	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Mastery School Choir	Outdoor near the Café
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Bean Bag Toss	Ground Floor Dining
	Tuesday, August 11, 2026	
	Management Morning Tea & Resident's Meeting	
10:00	Morning Tea and Residents Meeting	Gooding Centre
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, August 12, 2026	
9:30	Exercises to Music	Level 1 2, 3 Lounge
10:00	Morning Tea and Craft	Level 1 Dining Room
10:15	Bus Outing - Coolangatta Surf Club	Bookings Essential Meet at Reception
2:00	Fun Floor Games	Level 3 Dining Room
2:00	Hoy Cards	Level 1 Dining Room



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	Thursday, August 13, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:00	Café Social	Café Lily
10:30	Science Experiments	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Afternoon Walks with Lifestyle	All Floors
	Friday, August 14, 2026	
9:30	Movement To Music	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Drumming to Music	Level 1 Dining Room
2:00	Concert Happy Hour with Miss Mandy	Gooding Centre
	Saturday , August 15, 2026	
9:30	Trivia with Annie	Level 3 Sunroom
	Monday, August 17, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:00	Men's Social Morning Tea	Café Lily
10:30	Kerplunk	Level 2 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	All Floors
	Tuesday, August 18, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Op Shopping and Coffee	Bookings Essential Meet at Reception
10:30	Let's Make Smoothies	Level 2 Dining Room
2:00	Quality Room Visits	All floors
2:00	Meditation, Relaxation & Massage	Gooding Centre



Merrimac Activities Program

	Wednesday, August 19, 2026	
	GOLD COAST LIBRARY PICK UP	
9:30	Exercises to Music	Level 2 Dining Room
10:15	Bus Outing - Fish & Chips in the Park	Bookings Essential Meet at Reception
10:30	Crafts	Level 2 Dining Room
2:00	Ice-Cream & Movie	All Floors
2:00	Garden Walks with Lifestyle	All Floors
	Thursday, August 20, 2026	
	DAFFODIL DAY	  
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
12:00	Resident's BBQ Lunch	Level 2 Breezeway
2:00	Name that Tune	Level 3 Outdoor Area
2:00	Ten Pin Bowling	Ground Floor
	Friday, August 21, 2026	
9:30	Movement To Music	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Floor Soccer	Ground Floor
2:00	Concert Happy Hour with - Mark Dean	Gooding Centre
	Saturday, August 22, 2026	
9:30	Trivia with Annie	Level 2 Sunroom



Merrimac Activities Program

	Monday, August 24, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Giant Jenga	Level 2 Sunroom
10:30	Crosswords/Word Search	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Karaoke Sing-A-Long	All Floor Lounges
	Tuesday, August 25, 2026	
9:30	Exercises to Music	Level 1,2,3, Lounge
10:30	Think Outside The Box	Level 3 Sunroom
10:30	Casino Games	Level 2 Dining Room
2:00	Who Am I	Level 2 Sunroom
2:00	Putt Putt Golf	Level 1 Lounge Room
	Wednesday, August 26, 2026	
9:30	Exercises to Music	Level 3 Dining Room
9:30	Bus Outing - Q Super Store Shopping	Bookings Essential Meet at Reception
10:30	Creative Connections Craft	Level 3 Dining Room
2:00	Garden Walks	All Floors
2:00	Happy Hour and Conversation	Level 3 Outdoor Area
	Thursday, August 27, 2026	
	HillView Show Day	
10:00	SHOW DAY CARNIVAL	Outdoor near the Café
2:00	Bingo	Level 2 Dining Room
2:00	Quality Room Visits	All Floors
	Friday, August 28, 2026	
	SHOW DAY PUBLIC HOLIDAY	



Merrimac Activities Program

	Saturday ,August 29,2026	
9:30	Trivia with Annie	Level 3 Sunroom
	Monday, August 31, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Cook Together	Level 2 Dining Room
10:30	Shuffle Board	Ground Floor Dining
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
• 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		