



Merrimac Activities Program

	Tuesday, September 1, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Café Catalina Morning Tea	Bookings Essential Meet at Reception
10:30	Tenpin Bowling	Ground Floor
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, September 2, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Coffee Club Social	Café Lily
10:30	Bus Outing - Lunch at Tallai Golf Club	Bookings Essential Meet at Reception
2:00	Jenga	Level 2 Dining Room
2:00	Men's Group	Level 3 Outdoor Area
	Thursday, September 3, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Balloon Tennis	Level 2 Sunroom
10:30	Bingo	Level 3 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Movie Afternoon	All Lounge Rooms
	Friday, September 4, 2026	
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Bean Bag Target Toss	Level 2 Dining Room
2:00	Concert Happy Hour with Chris B	Gooding Centre
	Saturday, September 5, 2026	
9:30	Trivia with Annie	Level 2 Sunroom



Merrimac Activities Program

	Monday, September 7, 2026	
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	Spot The Difference	Level 1 Dining Room
	Tuesday, September 8, 2026	
10:00	Resident's Meeting and Morning Tea	Gooding Centre
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, September 9, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Coffee Club Social	Café Lily
10:15	Bus Outing: Whale Watching and Fish & Chips at Point Danger	Bookings Essential Meet at Reception
2:00	Word Quiz	Level 2 Dining Room
2:00	Garden Walks with Lifestyle	Ground Floor
	Thursday, September 10, 2026	
	R U OK DAY	
9:30	Exercise Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Board Games	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Putt Putt Golf	Level 3 Outdoor Area
2:00	Karaoke Singalong	Level 1 Lounge Room
	Friday, September 11, 2026	
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Balloon Tennis	Level 1 Sunroom
2:00	Concert Happy Hour with Olivia	Gooding Centre
	Saturday, September 12, 2026	
9:30	Trivia with Annie	Level 1 Sunroom



Merrimac Activities Program

	Monday, September 14, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Let's Mould with Clay	Level 2 Dining Room
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	Hoy Cards	Level 1 Dining Room
	Tuesday, September 15, 2026	
	SWELL FESTIVAL	
9:30	Exercise to Music	Level 2 & 3 Lounge
9:30	Bus Outing - Swell Scenic Drive	Bookings Essential Meet at Reception
10:00	Coffee Club Social	Café Lily
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, September 16, 2026	
	GOLD COAST LIBRARY PICKUP	
9:30	Exercises to Music	Level 1 & 2 Lounge
10:30	Bus Outing - Georges Paragon Lunch	Bookings Essential Meet at Reception
10:30	Shonna and Birds Painting	Level 2 Dining Room
2:00	Casino Games	Level 2 Dining Room
2:00	Let's Do Crosswords Together	Ground Floor
	Thursday, September 17, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Spot The Difference	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Concert Happy Hour with Alison	Gooding Centre



Merrimac Activities Program

	Friday, September 18, 2026	
9:30	Movement to Music with Cathie	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Tablebowls	Level 3 Dining Room
2:00	Drinks and Banter	Level 3 Outdoor Area
	Saturday, September 19, 2026	
9:30	Trivia with Annie	Level 3 Sunroom
	Monday, September 21, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Craft	Level 2 Dining Room
10:30	Floor Games - Soccer	Ground Floor
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 3 Dining Room
2:00	Quality Room Visits	Level 2 Sunroom
	Tuesday, September 22, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Super Q Shopping	Bookings Essential Meet at Reception
10:30	Jenga	Level 1 Sunroom
2:00	Men's Group with John	Level 3 Outside Area
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, September 23, 2026	
9:30	Bus Outing - Super Q Shopping	Bookings Essential Meet at Reception
9:30	Exercises to Music	Level 2 & 3 Lounge
10:00	Coffee Club Social	Café Lily
2:00	Fun Poetry with Robbie	Level 3 Sunroom
2:00	Colouring In & Chit Chat	Level 2 Dining Room



Merrimac Activities Program

Thursday, September 24, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Hoy Cards	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bean Bag Toss	Level 2 Dining Room
2:00	Name That Tune and Drinks	Level 3 Outside Area
Friday, September 25, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Word Quiz	Level 3 Sunroom
2:00	Concert Happy Hour with Tracie	Gooding Centre
Saturday, September 26, 2026		
9:30	Trivia with Annie	Level 2 Sunroom
Monday, September 28, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Craft Flower Arranging	Level 2 Dining Room
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	Who Am I?	Level 2 Sunroom
Tuesday, September 29, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Golf Practice	Level 3 OutDoor Area
10:30	Let's Do Word Search & Crosswords	Level 2 Dining Room
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre



Merrimac Activities Program

Wednesday, September 30, 2026		
9:15	Bus Outing - Scenic Drive to the Mountains	Bookings Essential Meet at Reception
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Coffee Club Social	Café Lily
2:00	Colouring In & Chit Chat	Level 2 Dining Room
2:00	Let's Cook Together	Level 1 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		