



Merrimac Activities Program

	Thursday, October 1, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Spot the Difference	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Karaoke Sing-a-Long	Level 3 Lounge
2:00	Quality Room Visits	All Floors
	Friday, October 2, 2026	
	OKTOBERFEST CELEBRATIONS	  
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Shuffle Board	Ground Floor
2:00	Oktoberfest Concert & Happy Hour with Zoltan & Thomas	Gooding Centre
	Saturday, October 3, 2026	
9:30	Trivia with Annie	Level 1 Sunroom
	Monday, October 5, 2026	
	PUBLIC HOLIDAY KINGS BIRTHDAY	
	Tuesday, October 6, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Shopping Q Super Store	Bookings Essential Meet at Reception
10:30	Fun Trivia	Level 3 Sunroom
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre



Merrimac Activities Program

Wednesday, October 7, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
9:30	Bus Outing - Shopping Q Super Store	Bookings Essential Meet at Reception
10:00	Coffee Club Social	Café Lily
2:00	Let's Do Crosswords Together	Level 2 Dining Room
2:00	Word Quiz	Level 3 Sunroom
Thursday, October 8, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Balloon Tennis	Level 1 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Students Visit	Level 3 Dining Room
2:00	Let's Cook	Level 2 Dining Room
2:00	Drinks and Reminiscing of the Old Days	Level 3 Outdoor Area
Friday, October 9, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Giant Jenga	Level 3 Sunroom
2:00	Concert Happy Hour with Mercedes	Gooding Centre
Saturday, October 10, 2026		
9:30	Trivia with Annie	Level 3 Sunroom
Monday, October 12, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Craft - Let's Mould with Clay	Level 1 Dining Room
10:30	Craft - Painting	Level 2 Breezeway
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Afternoon Walks in the Garden	All Floors

Merrimac Activities Program

	Tuesday, October 13, 2026	
	GOLD COAST LIBRARY PICKUP	
10:00	Morning Tea & Resident's Meeting	Gooding Centre
10:30	Garden Walks	Ground Floor
2:00	Men's Group with John	Ground Floor
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, October 14, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Lunch at Yatala Pie Shop	Bookings Essential Meet at Reception
10:00	Coffee Club Social	Café Lily
2:00	Word Quiz	Level 3 Sunroom
2:00	Quality Room Visits	All Floors
	Thursday, October 15, 2026	
	JAMES BOND 'GIN & TONIC DAY'	<i>007</i>
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Giant Jenga	Level 2 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Students Visit	Level 3 Dining Room
2:00	Gin Tasting with Fun Facts About Gin	Level 3 Outdoor Area
2:00	Movie: James Bond	All Lounge Rooms
	Friday, October 16, 2026	
	PLANT POP-UP SHOP	
9:30	Movement to Music with Cathie	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Petals in Pots' Pop-Up Shop	Gooding Centre
2:00	Concert Happy Hour with Paul	Gooding Centre



Merrimac Activities Program

	Saturday, October 17, 2026	
9:30	Trivia with Annie	Level 2 Sunroom
	Monday, October 19, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Craft	Level 2 Dining Room
10:30	Craft	Level 1 Breezeway
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Level 2 Dining Room
2:00	Hoy Cards	Level 1 Dining Room
	Tuesday, October 20, 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	Floor Games	Ground Floor
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
	Wednesday, October 21, 2026	
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Bus Outing - Lunch at Charis Seafood & Pelican Feeding	Bookings Essential Meet at Reception
10:00	Coffee Club Social	Café Lily
2:00	Word Games	Level 3 Sunroom
2:00	Spot the Difference	Level 2 Dining Room
	Thursday, October 22, 2026	
9:30	Exercises Group with KYM	Gooding Centre
10:30	Bingo	Level 3 Dining Room
10:30	Balloon Tennis	Level 1 Sunroom
11:00	Exercises Group with KYM	Gooding Centre
2:00	Joel Archer Golden Oldies Films	Gooding Centre
2:00	Quality Room Visits	All Floors



Merrimac Activities Program

Friday, October 23, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Who Wants to be a Millionaire Quiz	Level 2 Dining Room
2:00	Concert & Happy Hour with Anthony Meagher	Gooding Centre
Saturday, October 24, 2026		
9:30	Trivia with Annie	Level 1 Sunroom
Monday, October 26, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:30	Craft	Level 2 Dining Room
10:30	Craft	Level 1 Dining Room
11:00	Exercises Group with KYM	Gooding Centre
2:00	Bingo	Ground Floor
2:00	UNO Cards	Level 2 Dining Room
Tuesday, October 27, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:30	Table Bowls	Level 2 Breezeway
10:30	Garden Walks with Lifestyle	All Floors
2:00	Quality Room Visits	All Floors
2:00	Meditation, Relaxation & Massage	Gooding Centre
Wednesday, October 28, 2026		
9:30	Exercises to Music	Level 1 and 2 Lounge
10:00	Coffee Club Social	Café Lily
10:30	Word Games	Level 3 Sunroom
2:00	Let's Cook	Level 2 Dining Room
2:00	Who Am I	Level 3 Sunroom



Merrimac Activities Program

Thursday, October 29, 2026		
9:30	Exercises Group with KYM	Gooding Centre
10:00	Bus Outing - Heritage Museum Mudgeeraba	Bookings Essential Meet at Reception
11:00	Exercises Group with KYM	Gooding Centre
1:00	All Saints Students Visit	Level 3 Dining Room
2:00	Bingo	Level 3 Dining Room
2:00	Knitting Club	Level 2 Dining Room
Friday, October 30, 2026		
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church Service	Level 2 Sunroom
10:30	Putt Putt Golf	Level 3 Outdoor Area
2:00	Concert & Happy Hour with Gina	Gooding Centre
Saturday, October 31, 2026		
9:30	Trivia with Annie	Level 3 Sunroom
• 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		