HILLVIEW
PREMIUM AGED CARE

Merrimac Activities Program

	Monday, November 2, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
10:30	**Art & Craft:** Melbourne Cup Fascinator	Level 1 Dining Room
10:30	**Art & Craft:** Melbourne Cup Fascinator	Level 3 Dining Room
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 2 Dining Room
	Tuesday, November 3, 2026	
	MELBOURNE CUP DAY	
9:00	Room Visits	All Floors
9:30	Sweeps	All Floors
10:30	Floor Games - Melbourne Cup Games	Ground Floor Dining Room
12:00	**Event**: Melbourne Cup Lunch	All Dining Rooms
2:00	***The Race that Stops the Nation***	All Lounge Rooms
	Wednesday, November 4, 2026	
9:00	Room Visits	All Floors
9:30	**Bus Outing:** *Greenday Café*	Bookings Essential Meet in Foyer
10:00	**Coffee Club Social**	Café Lily
1:30	Room Visits	All Floors
2:00	Word Quiz	Level 3 Sunroom
	Thursday, November 5, 2026	
9:00	Room Visits	All Floors
9:00	Exercises with Lifestyle	Level 2 Dining Room
9:30	**Gym Class** with Kym	Gooding Centre
10:30	**Sensory Pet Therapy:** Miniature Ponies	All Floors
10:30	Garden Walks	All Floors
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 3 Dining Room

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Merrimac Activities Program

	Friday, November 6, 2026	
9:00	Room Visits	All Floors
10:00	Merrimac Junior Choir	Gooding Centre
10:30	Catholic Church	Level 2 Sunroom
1:30	Room Visits	All Floors
2:00	**Weekly Concert & Happy Hour:** Miss Mandy	Gooding Centre
	Saturday, November 7, 2026	
9:30	**Special Interest:** Saturday Trivia	Level 2 Sunroom
	Monday, November 9, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
9:30	**Bus Outing:** *Mudgeeraba Museum & Cream Tea*	Bookings Essential Meet in Foyer
10:30	**Art & Craft:** Painting	Level 1 Dining Room
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 2 Dining Room
	Tuesday, November 10, 2026	
9:00	Room Visits	All Floors
10:00	Morning Tea and Resident's Meeting	Gooding Centre
10:30	Garden Walks	All Floors
1:30	Room Visits	All Floors
2:00	**Sensory**: Meditation, Relaxation and Massage	Gooding Centre
	Wednesday, November 11, 2026	
✿	**REMEMBRANCE DAY**	✿ ✿ ✿
	GOLD COAST LIBRARY DELIVERY DAY	
10:15	Remembrance Day Service	Gooding Centre
1:30	Room Visits	All Floors
2:00	Garden Walks	All Floors

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Merrimac Activities Program

	Thursday, November 12, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
9:30	**Bus Outing:** *Café Catalina*	Bookings Essential Meet in Foyer
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 3 Dining Room
	Friday, November 13, 2026	
	WORLD KINDNESS DAY	
9:00	Room Visits	All Floors
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	**Special Interest:** *Chair Yoga*	Level 2 Sunroom
10:30	Catholic Church	Level 2 Sunroom
1:30	Room Visits	All Floors
2:00	**Event: Sip & Social**	Level 3 Outdoor Area
	Monday, November 16, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
10:30	**Art & Craft:** Let's Paint	Level 2 Breezeway
10:30	**Art & Craft:** Let's Paint	Level 1 Breezeway
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 2 Dining Room
	Tuesday, November 17, 2026	
9:00	Room Visits	All Floors
9:15	**Bus Outing:** *Shopping Stocklands*	Bookings Essential Meet in Foyer
9:30	Balloon Tennis	Level 2 Dining Room
1:30	Room Visits	All Floors
2:00	**Sensory**: Meditation, Relaxation and Massage	Gooding Centre

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Merrimac Activities Program

	Wednesday, November 18, 2026	
9:00	Room Visits	All Floors
9:30	**Bus Outing:** *Shopping Super Q*	Bookings Essential Meet in Foyer
10:00	**Coffee Club Social**	Café Lily
1:30	Room Visits	All Floors
2:00	Let's Play Jenga	Level 2 Sunroom
	Thursday, November 19, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
10:30	Shuffleboard	Ground Floor
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 3 Dining Room
	Friday, November 20, 2026	
9:00	Room Visits	All Floors
10:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church	Level 2 Sunroom
1:30	Room Visits	All Floors
2:00	**Weekly Concert & Happy Hour:** Robbie	Gooding Centre
	Saturday, November 21, 2026	
9:30	**Special Interest:** Saturday Trivia	Ground Floor Sunroom
	Monday, November 23, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
10:30	**Baking: Let's Cook Together**	Level 2 Dining Room
10:30	**Baking: Let's Cook Together**	Level 1 Dining Room
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 2 Dining Room

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Merrimac Activities Program

	Tuesday, November 24, 2026	
9:00	Room Visits	All Floors
9:30	Exercises with Lifestyle	Level 1 Dining Room
10:00	**Bus Outing:** *Cycling Without Age*	Bookings Essential Meet in Foyer
1:30	Room Visits	All Floors
2:00	**Sensory**: Meditation, Relaxation and Massage	Gooding Centre
	Wednesday, November 25, 2026	
9:00	Room Visits	All Floors
10:00	**Bus Outing:** *Lunch at George's Paragon*	Bookings Essential Meet in Foyer
10:00	**Coffee Club Social**	Café Lily
1:30	Room Visits	All Floors
2:00	Tenpin Bowling	Ground Floor
	Thursday, November 26, 2026	
	CHRISTMAS MARKET	
10:30	Christmas Market	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 3 Dining Room
	Friday, November 27, 2026	
9:00	Room Visits	All Floors
9:30	Exercises with Lifestyle	Level 2 Dining Room
10:30	Catholic Church	Level 2 Sunroom
1:30	Room Visits	All Floors
2:00	**Weekly Concert & Happy Hour:** Cowboy	Gooding Centre
	Saturday, November 28, 2026	
9:30	**Special Interest:** Saturday Trivia	Level 3 Sunroom

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	Monday, November 30, 2026	
9:00	Room Visits	All Floors
9:30	**Gym Class** with Kym	Gooding Centre
10:30	**Art & Craft:** Christmas Craft	Level 3 Outdoor Area
10:30	**Art & Craft:** Christmas Craft	Level 2 Breezeway
11:00	**Gym Class** with Kym	Gooding Centre
1:30	Room Visits	All Floors
2:00	Bingo	Level 2 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