



MOSMAN SENIORS FESTIVAL 2018

Active, healthy and engaged

For all enquiries and bookings contact Mosman Council's Community Care on 9978 4128.

Be sure to take advantage of Mosman Community Transport. We offer door to door transport for Mosman residents. For transport bookings contact 9978 4120.

The Mosman Rider is also running during the Seniors Festival. For further information on catching the Rider, visit mosmanrider.net, download the App from the App Store or Google Play or pick up a brochure from Mosman Council.

APRIL 4-13

PROGRAM

MosmanCommunityCare.

9978 4128 | Civic Centre, Mosman Square Spit Junction
community.care@mosman.nsw.gov.au

**Mosman
COUNCIL**

EVENTS.MOSMAN.NSW.GOV.AU

MOSMAN SENIORS FESTIVAL 2018

There is only one place to be for Seniors Festival 2018. Here is your detailed program of events taking place in Mosman between the 4th and the 13th of April 2018. For all enquiries and bookings contact Mosman Community Care on 9978 4128.

On demand transport can be booked for most events during the Festival. Call Community Transport on 9978 4120 to find out how.

Wednesday 4 April, 2pm-4.30pm **Table Tennis Tournament with Mosman Youth**

Mosman Square Seniors Centre
FREE. Prizes to be won.
Afternoon tea included.
Bookings phone 9978 4128.

Thursday 5 April, 10.20am-11.20pm
Gentle Exercises by Healthy Lifestyle
Mosman Square Seniors Centre
FREE. Refreshments included.
Bookings phone 9978 4128.

Thursday 5 April, 10.30am-12.30pm
Perfume Appreciation with Catherine du Peloux Menagé
Mosman Square Seniors Centre
TICKETED EVENT, cost \$8.
Includes light lunch. Bring a scent!
Bookings phone 9978 4128.

Thursday 5 April, 12pm-2.30pm
Movie Bend It Like Beckham on the big screen
Mosman Square Seniors Centre
TICKETED EVENT, cost \$8.
Includes light lunch.
Bookings phone 9978 4128.

Friday 6 April, 9.30am-10.30am
Zumba Gold by Healthy Lifestyle
Mosman Square Seniors Centre
FREE. Bookings phone 9978 4128.

Friday 6 April, 12.30pm-2pm
High Tea - Official Festival Launch
Mosman Square Seniors Centre
TICKETED EVENT, cost \$14.
Bookings phone 9978 4128.

Sunday 8 April, 2pm-3.30pm
Mosman Youth Art Prize Exhibition Highlights Tour
Mosman Art Gallery. FREE.
Afternoon tea included. Bookings online www.trybooking.com/355713 or phone 9978 4185.

Monday 9 April, 2 classes:
9.30am and 10.45am
Tai Chi
Mosman Square Seniors Centre
FREE. Refreshments included.
Bookings phone 9978 4128.

Monday 9 April, 1.30pm-4.30pm
Art Class with Diana Bilderbeck-Frost
Mosman Square Seniors Centre
FREE. Afternoon tea included.
Bookings phone 9978 4128.

Tuesday 10 April, 4pm-6pm
Annual Cocktail Party
Live music by The Tokens, great food and drinks. Mosman Art Gallery
TICKETED EVENT, cost \$10.
Bookings www.trybooking.com/ULZM or phone 9978 4128.

Wednesday 11 April, 10am-12pm
May Gibbs: Her Life and Works
U3A University of the Third Age
Mosman Square Seniors Centre
FREE. Morning tea included.
Bookings phone 9978 4128.

Wednesday 11 April, 10.30am-11.30am
Retirement living options - presented by NSW Fair Trading
Barry O'Keefe Library. FREE. Bookings online www.mosman.nsw.gov.au/events

Thursday 12 April, 1.15pm-2.45pm
Balance Class with Sally Castel
Mosman Square Seniors Centre
FREE. Refreshments provided.
Bookings phone 9978 4128.

Thursday 12 April, 3pm-3.45pm
Qi Gong
Mosman Square Seniors Centre
FREE. Bookings phone 9978 4128.

Thursday 12 April, 2.30pm-4pm
Historical Walk of Balmoral
Meeting point - amenities building
Balmoral Oval. FREE. Bookings online www.mosman.nsw.gov.au/events

Friday 13 April, 12.30pm-2.30pm
Commonwealth Games Themed Lunch
Mosman Square Seniors Centre
TICKETED EVENT, cost \$12.
Bookings phone 9978 4128.

Friday 13 April, 10.30am-12pm
Online Dating Workshop
Barry O'Keefe Library
FREE. Booking online www.mosman.nsw.gov.au/events

Friday 13 April, 10.30am-12pm
A Picture of Health Tour of the Mosman Youth Art Prize Exhibition
For people living with memory loss and their family and friends.
Mosman Art Gallery. FREE.
Afternoon tea included. Bookings a.toft@mosman.nsw.gov.au or phone 9978 4185.

