

Winter 2021 Schedule (July-September)

Mosman Community Care and Seniors Centre

Civic Building Mosman Square, Mosman NSW 2088

Hours: 09:00 to 17:00pm Monday to Friday

Tel: 9978 4128 or 9978 4119

e-mail: community.care@mosman.nsw.gov.au

web: www.mosman.nsw.gov.au/community/seniors/seniors-centre or
www.care.mosman.nsw.gov.au

Day/Time	Activity	When	Venue	Cost
Monday				
09:00-10:00	Tai Chi	2 Aug to 20 Sep	Main Hall	\$120 term \$20 session
10:15-11:15	Tai Chi	2 Aug to 20 Sep	Main Hall	\$120 term \$20 session
09:00-12:00	Mahjong Club	Weekly	The Lounge	FREE
12:00-13:00	Music Concert Series	4 th Monday	Main Hall	\$10 session
14:00-16:00	Art Class	12 Jul to 13 Sep	Main Hall	\$100 term \$15 session
Tuesday				
09:00-13:00	Out & About Trip	Weekly	Various	\$22 per trip
9:15-10:00	Gentle Exercises	13 Jul to 14 Sep	Main Hall	Bookings Tel 8877 5300
10:15-11:00	Gentle Exercises	13 Jul to 14 Sep	Main Hall	Bookings Tel 8877 5300
10:00-12:00	Sketch Class (PWML)*	Weekly	The Lounge	\$10 session Tel 9978 4119
13:30-3:30	Periodic Reading Group	1 st & 3 rd Tue	Main Hall	\$25 Quarter Tel 9969 6131
14:00-16:00	Lifeline Grief & Loss Group	Weekly	Volunteers Lounge	Tel Lifeline 9949 5522
14:30-16:30	Table Tennis Club	13 Jul to 14 Sep	Drill Hall	\$25 term \$5 session
Wednesday				
09:00-13:00	Out & About Trip	Weekly	Various	\$22 per trip
08:30, 09:00, 12:30pm	Walking Groups	Weekly	Various	FREE
09:00-12:00	Chess Club	Weekly	The Lounge	FREE
10:00-12:00	U3A Lectures	Resumes 14 Jul	Main Hall	Tel U3A 9267 9056
10:00-12:00	Carers Support Group	Weekly	Civic Building Harnett Room	FREE
Via bookings mornings only	Lifeline Counselling	Weekly	Volunteers Lounge	Tel Lifeline 9949 5522
13:30-15:00	English Conversation Class	4 Aug to 15 Sep	Volunteers Lounge	\$25 term \$5 session

Thursday

09:30-11:00	Yoga (5 weeks term)	5 Aug to 2 Sep	Main Hall	\$25 term \$5 session
10:30-12:00	A Picture of Health (PWML)*	Monthly	Mosman Art Gallery	FREE
12:30-14:00	Discussion Group	2 nd & 4 th Thu	Volunteers Lounge	\$10 session
14:30-15:30	Qi Gong (on Screen)	15 Jul to 16 Sep	Main Hall	\$25 term \$5 session
16:00-17:00	Drama Class (PWD)*	15 Jul to 2 Sep	Main Hall	Tel Caroline, 0403 338 107
19:00-22:30	Bridge Club	Weekly	The Lounge	\$25 Quarter

Friday

09:00-10:00	Zumba Gold	16 Jul to 17 Sep	Main Hall	\$100 term \$15 session
10:15-11:15	Dance for Parkinsons	16 Jul to 17 Sep	Main Hall	\$10 session T 0414 067 045
12:30-14:00	Social Lunch	Weekly	Main Hall	\$13 regular \$16 Themed
14:00-15:30	Bocce	Weekly	Village Green	FREE
17:30-9:00	Fri Night Group (PWD)*	2 nd Friday	Main Hall	\$55 session

Saturdays

09:00-17:00	Weekend Explorer	2 nd & 4 th Sat	Various	\$40 per trip
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We are an inclusive venue and we welcome people living with Memory Loss/Dementia and Disability across all our programs.

Some activities marked with the * are specifically designed to meet those needs.

***PLWML** – Suitable for people living with Memory Loss/Dementia

* **PWD** – Suitable for young adults living with intellectual Disability

Bookings and Contact details:

Program/Activity	Contact Details	E-mail/Website
Computer Access / Coffee at the Lounge 9am to 16:30pm only	Tel 9978 4128	E community.care@mosman.nsw.gov.au
Seniors Centre Activities & Social Lunches	Tel 9978 4128	E community.care@mosman.nsw.gov.au
CARE Programs	Tel 9978 4119	E community.care@mosman.nsw.gov.au
Community Transport and Outings	Tel 9978 4120	E community.transport@mosman.nsw.gov.au
Mosman Meals	Tel 9978 4130	E meals@mosman.nsw.gov.au
Gentle Exercise Classes	Tel 8877 5300	www.nshealthpromotion.com.au/healthylifestyle
Sydney U3A	Tel 9267 9056	www.sydneyu3a.org
Periodic Reading Group	Tel Terry 9969 6131	
Bridge Club	Tel Margaret 0430 315 319	E margaretbadger@hotmail.com
Dance For Parkinsons	Tel Cathy 0414 067 045 or Sue 0403 418 221	E dance@dancepdau.org Call 1800 954 382
Drama Group	Tel Caroline 0403 338 107	E caroline_downs@optusnet.com.au
Lifeline Counselling	Tel 9949 5522	www.lifelinenb.org.au