

Summer 2023 Schedule (January to March)



Mosman Community Care

Mosman Community Care strives to be inclusive and welcome all people regardless of their abilities and diversity!

Day/Time	Activity	When	Venue	Cost
Monday				
Two Trips 9am/ 1pm	Shopping Mates *MAC	Weekly	Bridgepoint	\$10 per trip 9978 4120
9:00-10:00	Tai Chi	06 February to 27 March	Main Hall	\$120 term 8W \$20 session
10:15-11:15	Tai Chi	06 February to 27 March	Main Hall	\$120 term 8W \$20 session
12:00-13:00	Community Lunch & Learn	Monthly 13/02, 13/03, 03/04	Main Hall	FREE
12:00-13:00	Music Concert Series	Quarterly 27/02	Main Hall	\$10 session
13:30-15:30	Play Reading Club	Resumes 09/01	Volunteers Lounge	\$30 a quarter
14:00-15:00	Floor Yoga (NEW CLASS)	30 January to 03 April	Main Hall	\$70 term \$10 session
15:30-16:30	Line Dancing (NEW CLASS)	30 January to 03 April	Main Hall	\$100 term \$15 session
Tuesday				
9:00-13:00	Out & About Trip *MAC	Weekly	Various	\$22 per trip 9978 4120
9:15-10:00	Gentle Exercises	31 January to 04 April	Main Hall	Bookings 8877 5300
10:15-11:00	Gentle Exercises	31 January to 04 April	Main Hall	Bookings 8877 5300
10:00-12:00	Sketch Class *MAC	Weekly Resumes 03/01	The Lounge	\$10 session 9978 4119
11:30-13:00	Tuesday Brunch Club	3 rd Tuesday Resumes 17/01	Main Hall	\$13 session
13:00-16:00	Games Day	Weekly	The Lounge	FREE
Via bookings	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
Wednesday				
9:00-13:00	Out & About Trip *MAC	Weekly Resumes 11/01	Various	\$22 per trip 9978 4120
8:30 / 9:00	Walking Groups *MAC	Weekly	Various	FREE
9:00-12:00	Chess Club	Weekly	The Lounge	FREE
10:00-12:00	U3A	Weekly resumes 08/02	Main Hall	Bookings 9267 9056
10:00-12:00	Carers' Social Group *MAC	Weekly Resumes 04/01	Various	FREE 0419 784 089
Via bookings 1pm – 5pm	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
13:00-16:00	Mahjong Club	1 February to 05 April	Main Hall	\$30 term
14:30-16:30	Table Tennis Club	1 February to 05 April	Drill Hall	\$30 term

Thursday

9:30-10:30	Floor Yoga	02 February to 06 April	Main Hall	\$70 term \$10 session
10:30-12:00	A Picture of Health <i>*MAC</i>	Monthly 02/02, 23/02, 30/02	Mosman Art Gallery	FREE 9978 4119
10:45 – 11:45	Zumba Gold (NEW CLASS)	02 February to 30 March	Main Hall	\$100 term \$20 session
12:30-14:00	Discussion Group <i>*MAC</i>	2 nd & 4 th Thursday Resumes 12/01	The Lounge	\$10 session 9978 4119
13:30-15:00	English Conversation Class	02 February to 06 April	Volunteers Lounge	FREE
14:30-15:30	Qi Gong (on screen)	02 February to 06 April	Main Hall	\$30 a quarter
16:00-17:00	Drama Class For Young Adults with Disability	02 February to 23 March	Main Hall	Caroline 0403 338 107
19:00-22:30	Bridge Club	Weekly resumes 12/01	The Lounge	\$30 a quarter 0430 315 319

Friday

9:00–15:30	Sydney Explorer <i>*MAC</i>	1 st & 3 rd Friday Resumes 20/01	Various	\$40 per trip 9978 4120
9:00-10:00	Zumba Gold	27 January to 31 March	Main Hall	\$100 term \$15 session
10:15-11:15	DFP Dance Class (All welcome)	27 January to 31 March	Main Hall	\$10 session 0414 067 045
12:30-14:00	Social Lunches <i>*MAC</i>	Weekly Resumes 13/01	Main Hall	\$13 regular \$16 themed
17:30-20:30	Fri Night Group For Young Adults with Disability	Monthly/2 nd Friday Resumes 10/02	Various	\$55 session

**MAC As a requirement of our grant from Federal Government, a My Aged Care (MAC) referral is necessary to attend this program. Call 9978 4119 to get registered*

Activity	Contact	E-mail Website
Activities & Social Lunches Computer Access (9am to 4:30pm only)	9978 4128	E community.care@mosman.nsw.gov.au
CARE Programs and MAC* Referrals	9978 4119	E community.care@mosman.nsw.gov.au
Community Transport	9978 4120	E community.transport@mosman.nsw.gov.au
Mosman Meals	9978 4130	E meals@mosman.nsw.gov.au www.care.mosman.nsw.gov.au
Gentle Exercise Classes	8877 5300	www.nshealthpromotion.com.au/healthylifestyle
Sydney U3A	9267 9056	www.sydneyu3a.org
Dance For Parkinsons (DFP)	Cathy 0414 067 045 or Sue 0403 418 221	E dance@dancepdau.org Call 1800 954 382
Lifeline Counselling	9949 5522	www.lifelineb.org.au

Civic Building Mosman Square, Mosman | Hours: 9:00am to 5:00pm Monday to Friday

T: 9978 4128 or 9978 4119 | E: communitycare@moman.nsw.gov.au | W: www.care.mosman.gov.au