

Spring 2024 Schedule (October to December)



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 <i>*MAC</i>	Weekly	Bridgepoint	\$10 per trip 9978 4120
9:00-10:00	Tai Chi	14 October to 16 December	Main Hall	\$150 term \$20 session
10:15-11:15	Tai Chi	14 October to 16 December	Main Hall	\$150 term \$20 session
12:00-13:00	Community Lunch & Learn	Monthly 14/10, 11/11, 09/12	Main Hall	FREE
13:30-14:30	Floor Yoga	14 October to 16 December	Main Hall	\$70 term \$10 session
15:30-16:30	Line Dancing	14 October to 16 December	Main Hall	\$105 term \$16 session
Tuesday				
9:00-11:00	Men's Walking Group <i>*MAC</i>	Weekly	Various	FREE
9:15-10:00	Gentle Exercises	15 October to 17 December	Main Hall	Bookings 8424 9400
10:15-11:00	Gentle Exercises	15 October to 17 December	Main Hall	Bookings 8424 9400
10:00-12:00	Sketch Class <i>*MAC</i>	Weekly	The Lounge	\$10 session 9978 4119
10:30-14:40	Social Outing <i>*MAC</i>	1 st Tuesday of each month	Various	\$23 per trip 9978 4120
11:30-13:00	Tuesday Brunch Club <i>*MAC</i>	Tuesdays 15/10, 19/11, 10/12	Main Hall	\$14 session
14:30-16:30	Table Tennis Club	15 October to 17 December	Main Hall	\$30 term
Via bookings	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
Wednesday				
9:00-13:00	Out & About Trip <i>*MAC</i>	Weekly	Various	\$23 per trip 9978 4120
8:30 / 9:00	Walking Groups <i>*MAC</i>	Weekly	Various	FREE
9:00-12:00	Chess Club	Ongoing	The Lounge	FREE
10:00-12:00	U3A	Weekly	Main Hall	Bookings 9267 9056
10:00-12:00	Carers' Support Group <i>*MAC</i>	Weekly	Various	Bookings 9978 4128
Via bookings <i>1pm – 5pm</i>	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
13:00-16:00	Mahjong Club	16 October to 18 December	Main Hall	\$30 term

Thursday

9:15-10:15	Floor Yoga	17 October to 19 December	Main Hall	\$70 term \$10 session
10:30 – 11:30	Zumba Gold	17 October to 19 December	Main Hall	\$105 term \$16 session
10:30- 12:00	A Picture of Health *MAC	Monthly 24/10, 28/11	Mosman Art Gallery	FREE 9978 4119
12:30– 14:00	Discussion Group *MAC	2 nd and 4 th Thursday	The Lounge	\$10 session
13:30-15:00	English Conversation Class	17 October to 19 December	Volunteers Lounge	FREE
16:00-17:00	Drama Class For Young Adults with Disability	26 September to 14 November	Main Hall	Caroline 0403 338 107
18:45-21:45	Bridge Club	Weekly	The Lounge	\$30 a quarter 0430 315 319

Friday

9:00–16:30	Sydney Explorer *MAC	1 st & 3 rd Friday	Various	\$40 per trip 9978 4120
9:00-10:00	Zumba Gold	18 October to 20 December	Main Hall	\$105 term \$16 session
10:00- 12:00	Tech Troubleshooting (15 min per person)	3 rd Friday 18/10, 15/11, 20/12	The Lounge	FREE
10:15-11:15	DFP Dance Class (All welcome)	18 October to 13 December	Main Hall	\$10 session 0414 067 045
12:30-14:00	Social Lunches *MAC	Weekly	Main Hall	\$14 regular \$19 themed
14:30-15:30	Qi Gong (on screen)	Weekly Ending 13 December	Main Hall	\$30 term
17:30-20:30	Fri Night Group For Young Adults with Disability	Monthly 11/10, 08/11, 6/12	Various	\$55 session

Activity	Contact	E-mail Website
Activities & Social Lunches Computer Access (9am to 4:30pm only)	9978 4128	E communitycare@mosman.nsw.gov.au
CARE Programs and MAC* Referrals	9978 4119	E communitycare@mosman.nsw.gov.au
Community Transport	9978 4120	E communitycare@mosman.nsw.gov.au
Mosman Meals	9978 4130	E meals@mosman.nsw.gov.au www.care.mosman.nsw.gov.au
Gentle Exercise Classes	8424 9400	https://www.activeandhealthy.nsw.gov.au/program/view/4500
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.lifelinenb.org.au
Events Mosman	N/A	events.mosman.nsw.gov.au

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

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

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