

Summer 2025 Schedule (January to April)



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	3 February to 7 April	Main Hall	\$150 term \$20 session
10:00-11:00	Tai Chi	3 February to 7 April	Main Hall	\$150 term \$20 session
12:00-13:00	Community Lunch & Learn	Monthly 10/02, 10/03, 14/04	Main Hall	FREE 9978 4119
13:30-14:30	Floor Yoga	3 February to 7 April	Main Hall	\$70 term \$10 session
15:30-16:30	Line Dancing	13 January to 10 March (8 Weeks)	Main Hall	\$80 term \$16 session
Tuesday				
9:00-11:00	Men's Walking Group *MAC	Weekly Resumes 14/01	Various	FREE 9978 4119
9:15-10:00	Gentle Exercises	4 February to 8 April	Main Hall	Bookings 9926 5555
10:15-11:00	Gentle Exercises	4 February to 8 April	Main Hall	Bookings 9926 5555
10:00-12:00	Sketch Class *MAC	Weekly Resumes 07/01	The Lounge	\$10 session 9978 4119
10:30-14:30	Social Outing *MAC	2 nd Tuesday of each month	Various	\$23 per trip 9978 4120
11:30-13:00	Tuesday Brunch Club	Monthly 21/01, 18/02, 18/03, 15/04	Main Hall	\$14 session
14:30-16:30	Table Tennis Club	4 February to 8 April	Main Hall	\$30 term \$5 session
Via bookings	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
Wednesday				
10:30-14:30	Social Outing *MAC	Twice a month	Various	\$23 per trip 9978 4120
8:30 / 9:00	Walking Groups *MAC	Weekly Resumes 15/01	Various	FREE 9978 4119
9:00-12:00	Chess Club	Ongoing Resumes 8/01	The Lounge	FREE
10:00-12:00	U3A	Ongoing from 5 February	Main Hall	Bookings 9267 9056
10:00-12:00	Carers' Support Group *MAC	1 st , 2 nd , 3 rd Wednesday of each month (February)	Various	Bookings 9978 4119
Via bookings 1pm – 5pm	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
13:00-16:00	Mahjong Club	5 February to 9 April	Main Hall	\$30 term \$5 session

Thursday

9:15-10:15	Floor Yoga	6 February to 10 April	Main Hall	\$70 term \$10 session
10:30 – 11:30	Zumba Gold	6 February to 10 April	Main Hall	\$105 term \$16 session
10:30- 12:00	A Picture of Health *MAC	Monthly, 30/01, 13/03, 10/04	Mosman Art Gallery	FREE 9978 4119
12:30– 14:00	Discussion Group *MAC	Fortnightly (23/01, 30/01)	The Lounge	\$10 session 9978 4119
13:30-15:00	English Conversation Class	6 February to 10 April	Volunteers Lounge	FREE
14:00-15:00	Singing Group	Fortnightly from 6 February	Main Hall	FREE 9978 4119
16:00-17:00	Drama Class for Young Adults with Disability	6 February to 27 March (8 Weeks)	Main Hall	Caroline 0403 338 107
18:45-21:45	Bridge Club	Ongoing from 9 January	The Lounge	\$30 a quarter 0430 315 319

Friday

9:00–16:30	Sydney Explorer *MAC	1 st Friday (Full Day) 3 rd Friday (Half Day)	Various	\$40 per trip \$23 per trip
10:30-14:30	Zumba Gold	7 February to 11 April	Main Hall	\$105 term \$16 session
10:00- 12:00	Tech Troubleshooting (15 min per person)	3 rd Friday 21/02, 21/03, 18/04	The Lounge	FREE
10:15-11:15	DFP Dance Class (All welcome)	31 January to 4 April	Main Hall	\$10 session 0414 067 045
12:30-14:00	Social Lunches *MAC	Weekly Resumes 03/01	Main Hall	\$14 regular \$19 themed
14:30-15:30	Qigong (on screen)	Ongoing from 10 January	Main Hall	\$30 term \$5 session
17:30-20:30	Fri Night Group For Young Adults with Disability	Monthly 14/02, 14/03, 11/04	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 W www.care.mosman.nsw.gov.au
Gentle Exercise Classes	8424 9400	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.

Mosman Seniors Centre, Mosman Square, Spit Junction
Hours: 9:00am to 5:00pm Monday to Friday
T: 9978 4128 or 9978 4119 E: community.care@mosman.nsw.gov.au
W: www.care.mosman.nsw.gov.au

Please scan the QR Code to view and book activities at the Seniors Centre.