

## 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
<b>Monday</b>				
Two Trips 9am/ 1pm	Shopping Mates <b>*MAC</b>	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 <b>(8 Weeks)</b>	Main Hall	\$80 term \$16 session
<b>Tuesday</b>				
9:00-11:00	Men's Walking Group <b>*MAC</b>	Weekly Resumes 14/01	Various	FREE 9978 4119
9:15-10:00	Gentle Exercises	4 February to 8 April	Main Hall	Bookings 8424 9400
10:15-11:00	Gentle Exercises	4 February to 8 April	Main Hall	Bookings 8424 9400
10:00-12:00	Sketch Class <b>*MAC</b>	Weekly Resumes 07/01	The Lounge	\$10 session 9978 4119
10:30-14:30	Social Outing <b>*MAC</b>	2 <sup>nd</sup> 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
<b>Wednesday</b>				
10:30-14:30	Social Outing <b>*MAC</b>	Twice a month	Various	\$23 per trip 9978 4120
8:30 / 9:00	Walking Groups <b>*MAC</b>	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 <b>*MAC</b>	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Wednesday of each month (February)	Various	Bookings 9978 4119
Via bookings <b>1pm – 5pm</b>	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 <b>*MAC</b>	Monthly, 30/01, 13/03, 10/04	Mosman Art Gallery	FREE 9978 4119
12:30– 14:00	Discussion Group <b>*MAC</b>	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 <b>(8 Weeks)</b>	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 <b>*MAC</b>	1 <sup>st</sup> Friday (Full Day) 3 <sup>rd</sup> 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 <sup>rd</sup> 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 <b>*MAC</b>	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 <a href="mailto:communitycare@mosman.nsw.gov.au">communitycare@mosman.nsw.gov.au</a>
CARE Programs and MAC* Referrals	9978 4119	E <a href="mailto:communitycare@mosman.nsw.gov.au">communitycare@mosman.nsw.gov.au</a>
Community Transport	9978 4120	E <a href="mailto:communitycare@mosman.nsw.gov.au">communitycare@mosman.nsw.gov.au</a>
Mosman Meals	9978 4130	E <a href="mailto:meals@mosman.nsw.gov.au">meals@mosman.nsw.gov.au</a> W <a href="http://www.care.mosman.nsw.gov.au">www.care.mosman.nsw.gov.au</a>
Gentle Exercise Classes	8424 9400	<a href="http://www.activeandhealthy.nsw.gov.au/program/view/4500">www.activeandhealthy.nsw.gov.au/program/view/4500</a>
Sydney U3A	9267 9056	<a href="http://www.sydneyu3a.org">www.sydneyu3a.org</a>
Dance For Parkinsons (DFP)	Cathy 0414 067 045 or Sue 0403 418 221	E <a href="mailto:dance@dancepdau.org">dance@dancepdau.org</a> Call 1800 954 382
Lifeline Counselling	9949 5522	<a href="http://www.lifelinenb.org.au">www.lifelinenb.org.au</a>
Events Mosman	N/A	<a href="http://events.mosman.nsw.gov.au">events.mosman.nsw.gov.au</a>



**\*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](mailto:community.care@mosman.nsw.gov.au)  
W: [www.care.mosman.nsw.gov.au](http://www.care.mosman.nsw.gov.au)

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