

# Autumn 2025 Schedule (April to July)



## 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 <i>*MAC</i>	Weekly	Bridgepoint	\$10 per trip 9978 4120
9:00-10:00	Tai Chi	28 April to 7 July	Main Hall	\$150 term \$20 session
10:00-11:00	Tai Chi	28 April to 7 July	Main Hall	\$150 term \$20 session
12:00-13:00	Community Lunch & Learn	Monthly 14/04, 12/05, 16/06, 14/07	Main Hall	FREE 9978 4119
13:30-14:30	Floor Yoga	28 April to 7 July	Main Hall	\$70 term \$10 session
15:30-16:30	Line Dancing	28 April to 7 July	Main Hall	\$105 term \$16 session
<b>Tuesday</b>				
9:00-11:00	Men's Walking Group <i>*MAC</i>	Weekly	Various	FREE 9978 4119
9:15-10:00	Gentle Exercises	29 April to 1 July	Main Hall	Bookings 8424 9400
10:15-11:00	Gentle Exercises	29 April to 1 July	Main Hall	Bookings 8424 9400
10:00-12:00	Sketch Class <i>*MAC</i>	Weekly	The Lounge	\$10 session 9978 4119
10:30-14:30	Social Outing <i>*MAC</i>	Call Centre for dates	Various	\$23 per trip 9978 4120
11:30-13:00	Tuesday Brunch Club	Monthly 15/04, 20/05, 17/06, 15/07	Main Hall	\$14 session
14:30-16:30	Table Tennis Club	29 April to 1 July	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 <i>*MAC</i>	Call Centre for dates	Various	\$23 per trip 9978 4120
8:30 / 9:00	Walking Groups <i>*MAC</i>	Weekly	Various	FREE 9978 4119
9:00-12:00	Chess Club	Ongoing	The Lounge	FREE
10:00-12:00	U3A	Weekly (Break 09/07, 16/07)	Main Hall	Bookings 9267 9056
10:00-12:00	Carers' Support Group <i>*MAC</i>	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Wednesday of each month	Various	Bookings 9978 4119
Via bookings <b>1pm – 5pm</b>	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
13:00-16:00	Mahjong Club	30 April to 2 July	Main Hall	\$30 term \$5 session

**Thursday**

9:15-10:15	Floor Yoga	1 May to 3 July	Main Hall	\$70 term \$10 session
10:30-11:30	Zumba Gold	1 May to 3 July	Main Hall	\$105 term \$16 session
10:30-12:00	A Picture of Health <i>*MAC</i>	Monthly 10/04, 08/05, 05/06, 03/07	Mosman Art Gallery	FREE 9978 4119
12:30– 14:00	Discussion Group <i>*MAC</i>	Fortnightly 10/04, 24/04, 08/05, 22/05, 05/06, 19/06, 03/07	The Lounge	\$10 session 9978 4119
13:30-15:00	English Conversation Class	1 May to 3 July	Volunteers Lounge	FREE
14:00-15:00	Singing Group	Fortnightly 03/04, 17/04, 01/05, 15/05, 29/05, 12/06, 26/06, 03/07	Main Hall	FREE 9978 4119
16:00-17:00	Drama Class for Young Adults with Disability	01 May to 19 June	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 <i>*MAC</i>	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	2 May to 4 July	Main Hall	\$105 term \$16 session
10:00- 12:00	Tech Troubleshooting (15 min per person)	1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the month	The Lounge	FREE
10:15-11:15	DFP Dance Class (All welcome)	2 May to 4 July	Main Hall	\$10 session 0414 067 045
12:30-14:00	Social Lunches <i>*MAC</i>	Weekly	Main Hall	\$14 regular \$19 themed
14:30-15:30	Qigong (on screen)	Ongoing	Main Hall	\$30 term \$5 session
17:30-20:30	Fri Night Group For Young Adults with Disability	Monthly 11/04, 09/05, 20/06, 11/07	Various	\$55 session

Activity	Contact	E-mail   Website
Activities & Social Lunches Computer Access	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">www.activeandhealthy.nsw.gov.au</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, Mosman NSW 2088

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.