

## Summer 2024 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 <i>*MAC</i>	Weekly	Bridgepoint	\$10 per trip 9978 4120
9:00-10:00	Tai Chi	05 February to 25 March	Main Hall	\$120 term 8W \$20 session
10:15-11:15	Tai Chi	05 February to 25 March	Main Hall	\$120 term 8W \$20 session
12:00-13:00	Community Lunch & Learn	Monthly 12/02, 11/03, 18/03 & 08/04	Main Hall	FREE
13:30-15:30	Play Reading Club	Ongoing	Volunteers Lounge	\$30 a quarter
13:30-14:30	Floor Yoga	29 January to 08 April	Main Hall	\$70 term \$10 session
15:30-16:30	Line Dancing	29 January to 08 April	Main Hall	\$105 term \$16 session
<b>Tuesday</b>				
9:15-10:00	Gentle Exercises	06 February to 09 April	Main Hall	Bookings 9926 5555
10:15-11:00	Gentle Exercises	06 February to 09 April	Main Hall	Bookings 9926 5555
10:00-12:00	Sketch Class <i>*MAC</i>	Weekly	The Lounge	\$10 session 9978 4119
11:30-13:00	Tuesday Brunch Club	3 <sup>rd</sup> Tuesday 16/01, 20/02, 19/03, 16/04	Main Hall	\$13 session
12:00-13:00	Music Concert Series	Quarterly	Main Hall	\$10 session
13:00-16:00	Games Day	Weekly	The Lounge	FREE
14:30-16:30	Table Tennis Club	06 February to 09 April	Main Hall	\$30 term
Via bookings	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
<b>Wednesday</b>				
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	Ongoing from 07 February	Main Hall	Bookings 9267 9056
10:00-12:00	Carers' Support Group <i>*MAC</i>	Weekly	Various	FREE 0419 784 089
Via bookings <i>1pm – 5pm</i>	Lifeline Counselling	Weekly	Volunteers Lounge	Lifeline 9949 5522
13:00-16:00	Mahjong Club	07 February to 10 April	Main Hall	\$30 term

## Thursday

9:15-10:15	Floor Yoga	01 February to 04 April	Main Hall	\$70 term \$10 session
10:30 – 11:30	Zumba Gold	22 February to 11 April	Main Hall	\$85 term 8W \$16 session
10:30- 12:00	A Picture of Health <b>*MAC</b>	Monthly 01/02, 07/03, 11/04	Mosman Art Gallery	FREE 9978 4119
12:30– 14:00	Discussion Group <b>*MAC</b>	2 <sup>nd</sup> and 4 <sup>th</sup>	The Lounge	\$10 session
13:30-15:00	English Conversation Class	01 February to 04 April	Volunteers Lounge	FREE
16:00-17:00	Drama Class For Young Adults with Disability	01 February to 21 March	Main Hall	Caroline 0403 338 107
18:45-21:45	Bridge Club	Ongoing from 11 January	The Lounge	\$30 a quarter 0430 315 319

## Friday

9:00–16:30	Sydney Explorer <b>*MAC</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Friday	Various	\$40 per trip 9978 4120
9:00-10:00	Zumba Gold	23 February to 12 April	Main Hall	\$85 term 8W \$16 session
10:00- 12:00	Tech Troubleshooting (15 min per person)	3 <sup>rd</sup> Friday 19/01, 16/02, 15/03, 19/04	The Lounge	FREE
10:15-11:15	DFP Dance Class (All welcome)	02 February to 12 April	Main Hall	\$10 session 0414 067 045
12:30-14:00	Social Lunches <b>*MAC</b>	Weekly	Main Hall	\$13 regular \$18 themed
14:30-15:30	Qi Gong (on screen)	Ongoing from 05 January	Main Hall	\$30 term
17:30-20:30	Fri Night Group For Young Adults with Disability	Monthly 09/02, 08/03, 12/04	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> <a href="http://www.care.mosman.nsw.gov.au">www.care.mosman.nsw.gov.au</a>
Gentle Exercise Classes	8877 5300	<a href="http://www.nshealthpromotion.com.au/healthylifestyle">www.nshealthpromotion.com.au/healthylifestyle</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>

**\*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

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