



# Moss Vale Activities Program

Autumn 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8:30am onwards: Motiview</b></p> <p><b>9:30am: Catholic Communion w/ Moss Vale Parish (fortnightly: see staff if interested)</b></p> <p><b>9:30am: Get Moving Class #1</b></p> <p><b>10:30am: Get Moving Class #2</b></p> <p><b>11am: Bocce Spider-Bowls (Penrose Lounge)</b></p> <p><b>Noon: Lunch</b></p> <p><b>1:30pm: Balloon Tennis (Meryla Lounge)</b></p> <p><b>3pm: Musical Mondays w/ Luke</b></p>	<p><b>8:30am onwards: Motiview</b></p> <p><b>9:30am: Get Moving Class #1</b></p> <p><b>10:30am: Get Moving Class #2</b></p> <p><b>10:30am: Hoy!</b></p> <p><b>11:30am: Walk n' Talk</b></p> <p><b>Noon: Lunch</b></p> <p><b>1:30pm: Creative Art Hour</b></p> <p><b>1:30pm: Cook's Corner w/ Donna in Avoca Lounge</b></p>	<p><b>8:30am onwards: Motiview</b></p> <p><b>9:30am: Get Moving Class #1</b></p> <p><b>9:30am: Harbison Playgroup (Alpine Lodge)</b></p> <p><b>10:30am: Get Moving Class #2</b></p> <p><b>11am: Word Puzzles &amp; Trivia</b></p> <p><b>Noon: Lunch</b></p> <p><b>1:30pm: Board Games and Bevvies, featuring:</b></p> <ul style="list-style-type: none"> <li>- Mahjong Group</li> <li>- Chess / Checkers Club</li> <li>- Domino Squad</li> <li>- Scrabble Society</li> </ul> <p><b>2pm: Master Balance in the Gym</b></p>	<p><b>8:30am onwards: Motiview</b></p> <p><b>9:30am: Get Moving Class #1</b></p> <p><b>10:30am: Get Moving Class #2</b></p> <p><b>10:30am: Chapel, Devotional, and Spiritual Group</b></p> <p><b>Noon: Lunch</b></p> <p><b>1pm: Knitting Group (2<sup>nd</sup> and 4<sup>th</sup> Thurs of each month Only)</b></p> <p><b>1:30pm: Marbles (1<sup>st</sup> and 3<sup>rd</sup> Thurs of each month Only)</b></p> <p><b>2pm: Piano Singalong w/ Geoff (2<sup>nd</sup> and 4<sup>th</sup> Thurs of each month Only)</b></p>	<p><b>8:30am onwards: Motiview</b></p> <p><b>9:30am: Get Moving Class #1</b></p> <p><b>10:30am: Get Moving Class #2</b></p> <p><b>11am: Men's Fella'ship Group</b></p> <p><b>11am: Avoca Ladies' Coffee Club</b></p> <p><b>Noon: Lunch</b></p> <p><b>1:30pm: Carpet Bowls (Alpine Lodge)</b></p> <p><b>1:30pm-3:30pm: HAPPY HOUR</b></p> <p><b>2pm: Master Balance in the Gym</b></p>