

MOSS VALE ACTIVITIES SPRING 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30am-10:00am Motiview**</p>	<p>8:30am-10:00am Motiview**</p>	<p>8:30am-10:00am Motiview**</p>	<p>8:30am-10:00am Motiview**</p>	<p>8:30am-10:00am Motiview**</p>
<p>9:30am Catholic Communion (Fortnightly)</p>	<p>9:30am Tuesday 'Tunes'day (Avoca <u>OR</u> Wingello Lounge)</p>	<p>9:30am Harbison Playgroup (Alpine, School Term only) 'Helping Hands' with Physio*</p>	<p>9:30am & 10:30am 'Get Moving' with Physio</p>	<p>9:30am & 10:30am 'Get Moving' with Physio</p>
<p>9:30am & 10:30am 'Get Moving' with Physio</p>	<p>9:30am & 10:30am 'Get Moving' with Physio</p>	<p>9:30am & 10:30am 'Get Moving' with Physio</p>	<p>10:30am Chapel Service</p>	<p>10:30am Bingo! (1st, 3rd, & 5th Fri) <u>OR</u> Skittles (2nd & 4th Fri)</p>
<p>10:30am Bocce Spider Bowls (Penrose Lounge)</p>	<p>10:30am Hoy!</p>	<p>10:30am Word Puzzles & Trivia</p>	<p>1:00pm Knitting Group (2nd & 4th Thu)</p>	<p>1:30pm Creative Art Hour - Graphite, Charcoal & Sketch (1st, 3rd & 5th Thu)</p>
<p>1:00pm 'Get Moving' with Physio (Avoca only)</p>	<p>1:30pm Balloon Tennis (Meryla Lounge)</p>	<p>1:00pm Board Games & Bevvies</p>	<p>1:30pm Walk n' Talk (Avoca)</p>	<p>1:30pm Carpet Bowls (Alpine)</p>
<p>1:30pm Poetry & Music Group</p>	<p><u>AND</u> Creative Art Hour - Paint & Colour (Activities Room)</p>	<p>1:30pm Textile Troupe (Fortnightly)</p>	<p>2:00pm Piano Singalong (2nd & 4th Thu)</p>	<p>1:30pm-3:30pm HAPPY HOUR!</p>
		<p>2:00pm 'Master Balance' in Gym*</p>	<p>2:00pm Piano Singalong (2nd & 4th Thu)</p>	<p>2:00pm 'Master Balance' in Gym*</p>
		<p>2:00pm 'Master Balance' in Gym*</p>	<p>3:30pm-4:30pm Motiview**</p>	<p>3:30pm-4:30pm Motiview**</p>

**Requires Membership

*Requires booking. Please see the Allied Health Team