

MOSS VALE ACTIVITIES

SUMMER 2023/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00am-11:00am Motiview**</p> <p>9:30am Catholic Communion (Fortnightly)</p> <p>10:00am 'Get Moving' with Physio</p> <p>10:30am Bocce Spider Bowls (Penrose Lounge)</p> <p>1:00pm 'Get Moving' with Physio (Avoca only)</p> <p>1:30pm Ladies Leisure Group</p>	<p>9:00am-11:00am Motiview**</p> <p>9:30am Tuesday "Tunes" day (Alt. Avoca and Wingello Lounges)</p> <p>10:00am 'Get Moving' with Physio</p> <p>10:30am Hoy!</p> <p>1:00pm Balloon Tennis (Meryla Lounge)</p> <p>1:30pm Skittles (1st & 3rd Tue)</p> <p>1:30pm Marbles (2nd & 4th Tue)</p>	<p>9:00am-11:00am Motiview**</p> <p>9:30am Harbison Playgroup (Alpine, School Term only) 'Helping Hands' with Physio*</p> <p>10:00am 'Get Moving' with Physio</p> <p>10:30am Word Puzzles & Trivia</p> <p>1:30pm Board Games & Bevvies (Mahjong, Scrabble, Chess, Draughts, Dominoes & More...)</p> <p>2:00pm 'Master Balance' in Gym*</p>	<p>9:00am-11:00am Motiview**</p> <p>10:00am 'Get Moving' with Physio</p> <p>10:30am Chapel Service</p> <p>1:00pm Men's 'Fella'ship Group</p> <p>1:00pm / 2:00pm Knitting Group w/ Pam followed by Piano Singalong w/ Geoff (2nd & 4th Thu)</p> <p>2:00pm Creative Art Hour (1st, 3rd & 5th Thur)</p>	<p>9:00am-11:00am Motiview**</p> <p>10:00am 'Get Moving' with Physio</p> <p>10:30am Bingo!</p> <p>1:00pm Mototiles (Avoca only)</p> <p>1:30pm Carpet Bowls (Alpine)</p> <p>1:30pm-3:30pm HAPPY HOUR!!! (Selected range of Alcoholic Beverages Free of charge at Three Cows Cafe between these times)</p> <p>2:00pm 'Master Balance' in Gym*</p>

**Requires Membership

*Requires booking. Please see the Allied Health Team