

MOSS VALE ACTIVITIES

AUTUMN 2024

MONDAY

9:00am-11:00am

Motiview**

9:30am

Catholic Communion
(Fortnightly: 1st & 3rd Mon)

10:00am

'Get Moving' w/ Physio

10:30am

Bocce Spider Bowls
(Penrose Lounge)

1:30pm

Balloon Tennis
(Meryla Lounge; 1st, 3rd, 5th Mon)

OR

Marbles

(Activities Room; 2nd & 4th Mon)

3:00pm

Movie Mondays



TUESDAY

9:00am-11:00am

Motiview**

9:30am

Tuesday 'Tunes'day
(Wingello / Avoca Lounges)

10:00am

'Get Moving' w/ Physio

10:30am

Hoy

1:30pm

Ladies Leisure Group

WEDNESDAY

9:00am-11:00am

Motiview**

9:30am

Harbison Playgroup

10:00am

'Get Moving' w/ Physio

10:30am

Word Puzzles and Trivia

1:30pm

Board Games and Bevvies
(Mahjong, Dominoes, Scrabble,
Chess and Draughts,
And More...)



THURSDAY

9:00am-11:00am

Motiview**

10:00am

'Get Moving' w/ Physio

10:30am

Chapel Service

1:00pm // 2:00pm

Knitting Group w/ Pam,
followed by
Piano Singalong w/ Geoff
(Fortnightly: 2nd & 4th Thu)

1:00pm

Men's Fella'ship Group

2:00pm

Creative Art Hour

FRIDAY

9:00am-11:00am

Motiview**

10:00am

'Get Moving' w/ Physio

10:30am

Bingo
(1st, 3rd, 5th Fri)

OR

Readers Theatre
(2nd & 4th Fri)

1:30pm

Carpet Bowls

1:30pm - 3:30pm

HAPPY HOUR



**Requires Membership

*Requires booking. Please see the Allied Health Team