

NOTE: Please refer to Daily Activities on Mandoe screens for any changes.

Monday	Tuesday	Wednesday	Thursday	Friday
AVAILABLE ANY TIME OF DAY Motiview**	AVAILABLE ANY TIME OF DAY Motiview**	AVAILABLE ANY TIME OF DAY Motiview**	AVAILABLE ANY TIME OF DAY Motiview**	AVAILABLE ANY TIME OF DAY Motiview**
10am 'Get Moving' Exercise Group Activities Lounge	9am Harbison Playgroup Outing*** Harbison Burradoo (booking essential)	9:30am Grandfriends Outing Oxley College	10am 'Get Moving' Exercise Group Activities Lounge	9:30am Model Railway Group Wingello Lounge
Tai Chi Relaxation Class Penrose Lounge	10am 'Get Moving' Exercise Group Activities Lounge	10am 'Get Moving' Exercise Group Activities Lounge	10:30am Chapel Service w/ John Aynsley (4/9) w/ Angus Webster (11/9 & 25/9) w/ John Lineker & Margaret (18/9)	Mystery Bus Outing* (5/9, 19/9)
10:30am Poets & Musical Maestros Activities Room (1/9 & 15/9, 29/9)	10:30am Bingo! Mandemar Lounge (2/9, 16/9 & 30/9)	10:30am Word Puzzles & Trivia Joadja Lounge		Playgroup & Tovertafel at Wingecarribee Library Outing* Moss Vale Library (26/9)
Readers' Theatre Activities Room (8/9 & 22/9)	Hoy! Mandemar Lounge (9/9, 23/9)		1pm Board Games w/ Glengarry Scots College Students Library & Dining Hall)	10am 'Get Moving' Exercise Group Activities Lounge
1pm River Road Creative Art Group* Harbison Burradoo	1pm Carpet Bowls* Harbison Burradoo Bowling Green	1:30pm Harbison Art Group Berrima Lounge		Tai Chi Relaxation Class Penrose Lounge
1:30pm Piano Singalong Activities Room (1/9, 15/9, 29/9)	1:30pm Ladies' Leisure Group Activities Room	Mahjong Library	2pm Music & Movement Exercise Avoca	10:30am Marbles Alpine Lounge (5/9 & 19/9)
2pm Rehab & Rally Gym	Knitting Group with Pam Heikkinen (2/9 & 16/9)	2pm Reablement Balance Class Gym	Capernwray College Students Visit (11/9 & 25/9)	Finska! / Bocce Spider Bowls Penrose Lounge (12/9 & 26/9)
3:45pm St Paul's College Student Visit (1/9, 8/9, 15/9, 22/9)	3:45pm Intergenerational Activities	3:30pm Intergenerational Activities		11:30am Special Lunch Outing* Moss Vale RSL (12/9)
				1:30-3:30pm HAPPY HOUR Cafe & Dining Room

\*Requires pre-booking via Signup board in Dining Room

\*\*Requires Membership

\*\*\*School Term ONLY