

Moss Vale Activities



NOTE: Please note our Road Worlds for Seniors Event will take place during 6-31 October!

| 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** |
| | 9am Harbison Playgroup Outing Harbison Burradoo (booking essential) | 9:30am Grandfriends Outing Oxley College | 10am 'Get Moving' Exercise Group Gym | 9:30am Model Railway Group Wingello Lounge |
| 10am 'Get Moving' Exercise Group Gym | 10am 'Get Moving' Exercise Group Gym | 10am 'Get Moving' Exercise Group Gym | 10:30am Chapel Service w/ John Aynsley (2/10) w/ Angus Webster (9/10 & 23/10) w/ John Lineker & Margaret (16/10 & 30/10) | Mystery Scenic Bus Outing* (10/10 & 17/10) |
| Tai Chi Relaxation Class Penrose Lounge | 10:30am Bingo! Mandemar Lounge (7/10 & 21/10) | 1:30pm Harbison Art Group Berrima Lounge | | Playgroup & Tovertafel at Wingecarribee Library Outing* Moss Vale Library (24/10) |
| | Hoy! Mandemar Lounge (14/10 & 28/10) | Mahjong Activities Room | 1pm Scots at Glengarry Students Visit (TBC) | 10am 'Get Moving' Exercise Group Gym |
| | | Reablement Balance Class Gym | | Tai Chi Relaxation Class Penrose Lounge |
| 2pm Rehab & Rally Gym | 1:30pm Ladies' Leisure Group Gym | | 2pm Music & Movement Exercise Avoca | |
| 3:45pm St Paul's College Student Visit (27/10) | Knitting Group with Pam Heikkinen (7/10 & 21/10) | 2pm OCTOBER BIRTHDAY CELEBRATIONS (15/10) | Capernwray College Students Visit (9/10 & 23/10) | 1:30-3:30pm HAPPY HOUR Cafe & Dining Room |

*Requires pre-booking via Signup board in Dining Room

**Requires Membership

***School Term ONLY