

# Moss Vale Activities



NOTE: Please refer to the Daily Activities Sheets displayed on Mandoe Screens & Activity Whiteboards for any changes / special events.

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**
9:30am Walk ‘n’ Talk Outing Lake Alexandra	9am Harbison Playgroup Outing Harbison Burradoo (until 16/12)	10am ‘Get Moving’ Exercise Group Activities Room	10am ‘Get Moving’ Exercise Group Activities Room	9:30am Model Railway Crew Wingello Lounge
10am ‘Get Moving’ Exercise Group Activities Room	10am ‘Get Moving’ Exercise Group Activities Room	10:30am Word Puzzles & Trivia Joadja Lounge	10:30am Chapel Service Chapel	Tovertafel at Wingecarribee Public Library* w/ Harbison Playgroup (12/12)
Tai Chi Relaxation Penrose Lounge				Mystery Scenic Bus Tour* (19/12)
10:30am Poets & Musical Maestros Activities Room (1/12 & 15/12)	10:30am Bingo! Mandemar Lounge (2/12 & 16/12)			10am ‘Get Moving’ Exercise Group Activities Room
Readers’ Theatre Activities Room (8/12 & 22/12)	Hoy! Mandemar Lounge (9/12 & 23/12)	1:30pm ‘The Art Birds of Harbison’ Berrima Lounge		Tai Chi Relaxation Penrose Lounge
		Mahjong Group Activities Room	1:30pm Board Games & Bevvies Library & Dining Hall	10:30am Marbles Alpine Lounge
1:30pm Christmas Movie Monday Activities Room	1pm Carpet Bowls* Harbison Burradoo Bowling Green			Bocce Spider-Bowls Penrose Lounge (12/12)
500 Card Game Group Alpine Lounge				
	1:30pm Ladies’ Leisure Group Activities Room	2pm Reablement Balance Class Gym	2pm Rehab & Rally Outdoor Gardens	1:30–3:30pm HAPPY HOUR Cafe & Library
3pm “Fit & Functional” Challenge Gym				

\*Booking essential via Signup board near Salon

\*\*Membership Required

\*\*\*School Term ONLY