

MONTHLY PROGRAM
Monday Moss Vale Group
February 2026

Monday 2nd February 2026

Arm chair travel

Today we will be looking at Austria come and look at the sights of the beautiful country

Monday 9th February 2026

Tai Chi

Today Anthony will be coming to help us with our Tai Chi.

Monday 16th February 2026

Active Bingo

Today we will be playing active Bingo please bring a prize for the bingo Basket

Monday 23rd February 2026

Honey Sippers

Today we will be listening to the beautiful music of the Honey Sippers

A lovely morning tea and delicious, nutritious two
Course lunch is served each day
For Fun & Friendship