

MONTHLY PROGRAM

Wednesday Moss Vale Group

February 2026

Wednesday 4th February 2026

Memory Games

Today we will be playing a variety of game that will get our brains active.

Wednesday 11th February 2026

Merry Music Makers

Today we will be listening and singalong with the marry music makers.

Wednesday 18th February 2026

Tai Chi

Today Anthony will be coming to do some Tai Chi with us.

Wednesday 25th February 2026

Bingo/ Triva.

Today we will be playing bingo, as well as testing our brains on some trivia and puzzles, please bring a prize for the bingo basket.

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