

TELEPHONE:  
4862 1774

# MONTHLY PROGRAM

## Wednesday Moss Vale Group

### February 2026

**Wednesday 4<sup>th</sup> February 2026**

**Memory Games**

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

**Wednesday 11<sup>th</sup> February 2026**

**Merry Music Makers**

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

**Wednesday 18<sup>th</sup> February 2026**

**Tai Chi**

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

**Wednesday 25<sup>th</sup> 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**