

# OUT & ABOUT LIFESTYLE & CULTURE PROGRAMS

Out & About on Wednesdays is a social day program for less mobile older adults. These excursions are a full day from 9am - 4pm and are fully supervised by staff and volunteers.



DATE	PROGRAM DETAILS
2 Jan	Morning tea at Clareville. Lunch at Palm Beach RSL.
9 Jan	Morning tea at West Head. Lunch at Forestville RSL.
16 Jan	Morning tea at Manly Dam. Lunch at Coal Loader Cafe, Waverton.
23 Jan	Morning tea at Bronte Park. Lunch at Randwick Golf Club.
6 Feb	Morning tea at Kyeemagh. Lunch at Georges River Sailing Club.
13 Feb	Morning tea at Cabarita Park. Lunch at Tramsheds, Forest Lodge.
20 Feb	Morning tea at Coogee. Lunch at North Bondi RSL Restaurant.
27 Feb	Morning tea at Kurnell. Lunch at Taren Point Bowling Club.
6 Mar	Morning tea at Glebe Walk Park. Lunch at Grounds of Alexandria.
13 Mar	Morning tea at Parramatta Park. Lunch at Ettamogah Pub.
20 Mar	Morning tea at Bobbin Head. Lunch at Fish Cafe, Brooklyn.
27 Mar	Morning tea at Kokoda Train Park. Lunch at Asquith Golf Club.

Cost of each excursion is \$22 and included door to door transport. Lunch is at your own expense. Bookings are essential.

To book for the Wednesday Out & About program call 9978 4128.

**Mosman  
CommunityCare.**

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**Mosman  
COUNCIL**