

## Take a look at what's on this month and join in the fun! **MORISSET SOCIAL CALENDAR**

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

**Day Trips** from just \$10 plus expenses, **Special Events** and **Morisset Activities**.

For more information or bookings, please call us.

**BOOK NOW**  
**4973 3855**  
**or 1300 363 654**

## SEPTEMBER 2023

Monday 28 August	Tuesday 29 August	Wednesday 30 August	Thursday 31 August	Friday 1 Sept
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Movie Moguls 2:15pm "Glass Onion: A knives out mystery"	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends 9:30pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 4 Sept	Tuesday 5 Sept	Wednesday 6 Sept	Thursday 7 Sept	Friday 8 Sept
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Lake Haven	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 11 Sept	Tuesday 12 Sept	Wednesday 13 Sept	Thursday 14 Sept	Friday 15 Sept
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Monthly Outing Davistown Ferry	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends 9:30pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 18 Sept	Tuesday 19 Sept	Wednesday 20 Sept	Thursday 21 Sept	Friday 22 Sept
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Tuggerah	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 25 Sept	Tuesday 26 Sept	Wednesday 27 Sept	Thursday 28 Sept	Friday 29 Sept
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Movie Moguls 2:15pm "DOG GONE"	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends 9:30pm	Seniors Centre 9:30am - 2:00pm



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## SPOTLIGHT -

### Active-Stronger-Better

On alternate Mondays we have Deb join us for some exercises - Active-Stronger-Better.

This is a program that uses exercising together in a group to help build confidence. Exercise can help improve strength, fitness, balance, co-ordination and flexibility and we deliver this in a fun environment. Every person can do the activities at their own pace and level. Each session is a bit varied to keep things interesting. The aim of regular activity is to help you feel better - as it is a bit social and is good for your health.

Your instructor is a qualified and experienced Fitness Professional and can help you adapt exercises to a chair, with a walker or stick. Most of all - we smile and laugh



## MOVIE MOGULS presents:

### DOG GONE:

Wednesday 27 September, 2:15pm

When an adorable golden retriever mix named Gonker goes missing along the Appalachian Trail, his haphazard owner (Johnny Berchtold) will stop at nothing to get him back. Based on a true story, **DOG GONE** shows the lengths one family will go to keep their beloved pet safe.



## MONTHLY OUTING

Davistown - Tuesday 12 September 2023

We will meet at Morisset station for the 9.20am train to Woy Woy. Then a short walk to Fisherman's Wharf to pick up M.V. Saratoga - Ferry we will do a circuit through to Empire Bay and get dropped off at Davistown - where we will either pick- up the courtesy bus or stroll the 10 mins to Davistown RSL for lunch. We will do the return trip back home.

You will require either an OPAL card or debit card to travel by train, the ferry will be \$9.40 concession (return) and of course money for lunch. Conditions apply.



If you haven't been on one of our train trips, why not come along and try it out we have people along to assist you and we have people of various mobility attending these trips. Make some new friends, enjoy a nice lunch, and have a laugh.

