

Providing senior friendly activities and services for people aged over 65 in the Mosman area.

Mosman Community Care offer many ways for older people to stay active and remain involved in the Mosman community including:

- The Seniors Hub activity centre
- Community Transport
- Food Wellness Program
- Care Services

Registering for My Aged Care

In order to access Community Transport, Mosman Meals delivery and Social Support Services through the Council you need to be registered with the Federal Government's My Aged Care program. Registering with My Aged Care is easy and we can help you get started. Call us on 9978 4119 to book an appointment today.

For bookings and enquiries:

Call 9978 4128

or email community.care@mosman.nsw.gov.au. Website www.mosman.nsw.gov.au/community/seniors

Register your email to receive event updates and news at www.mosman.nsw.gov.au/web/newsletters

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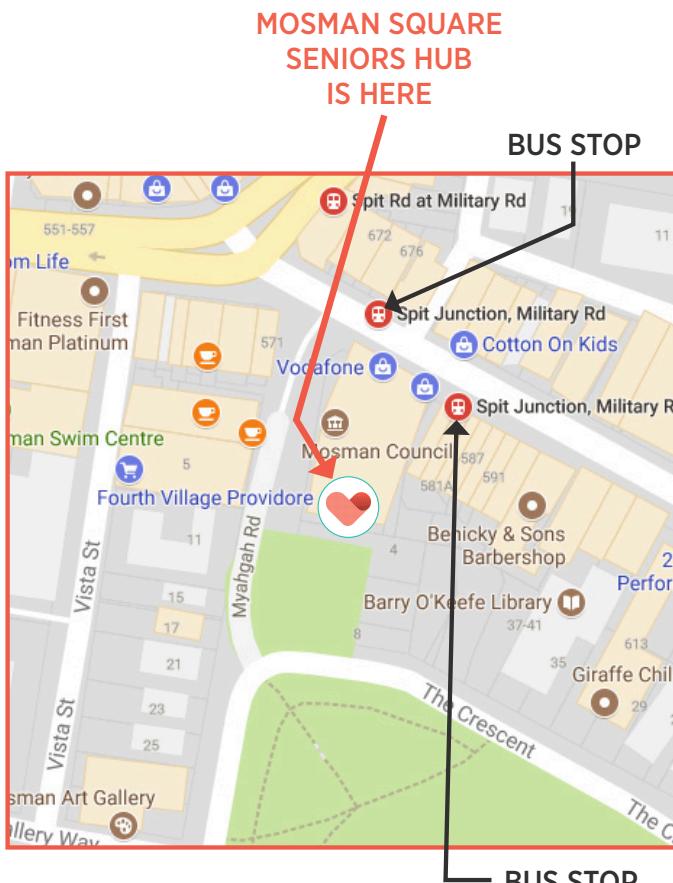
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Mosman CommunityCare.

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MOSMAN COMMUNITY CARE

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Mosman COUNCIL

Seniors Hub

The Mosman Seniors Hub is a place for older people to relax, socialise over a meal or take part in one of our many activities with other adults from the local community. Take a dance class, join a discussion group, learn Tai Chi or simply drop in for a cup of tea or coffee or to use the computers and the FREE WIFI.

For a current list of activities on offer, drop in and pick up a copy of our latest newsletter, email us or visit the website.

The Seniors Hub is open Monday to Friday from 9am-5pm. The Hub is also available for hire outside opening hours.

Street address: The Seniors Hub is located at Civic Centre, Mosman Square at Spit Junction. Phone 9978 4128

Community Transport

Mosman Community Transport provides flexible door-to-door accessible transport options for frail, older adults and for younger people with a disability and their carers who live in the local area. Community Transport can be used to get you to medical appointments, to go shopping, visit friends or family, or to attend events or activities happening at the Seniors Hub.

The service operates Monday to Friday, 8.00am-4.00pm, and Saturdays by appointment only. Costs to use the service vary but are kept to a minimum.

Community Transport also organise regular mid-week and weekend outings to interesting locations around Sydney and the wider region. Why not join us on a trip? A full list of outings we offer can be found on the website or in our newsletter.

For more information on Community Transport call 9978 4120 or email community.transport@mosman.nsw.gov.au.

Food Wellness Program

Twice a week on Tuesdays and Fridays is our popular **Community Restaurant** where you can enjoy a three-course meal and complimentary glass of wine in a relaxed and friendly setting. Once a month we celebrate with a themed lunch and live entertainment. The perfect place to meet new people while enjoying a delicious meal. Door to door community transport is available for people requiring assistance.

The Community Restaurant runs every Tuesday and Friday from 12.30pm to 2.00pm. The first Tuesday of the month is cheap Tuesday. Bookings for the monthly themed lunch are essential. Call 9978 4130.

If you are looking for easier meal options for home why not consider Mosman Meals?

Mosman Meals delivers delicious, fresh, healthy main meals, salads, soups and sandwiches. With a menu of more than 80 chilled and frozen meals, from home-style roasts to spicy curries, vegetarian and gluten-free options, there is something to suit all tastes.

Delivery is free to Mosman, Cremorne and Neutral Bay, with no minimum order. Meals can also be collected from our Mosman Meals kitchen at Spit Junction.

We can deliver every day or once or twice a week – regularly or on a short term basis (such as after illness or injury). Call us on 9978 4130 for delivery tomorrow or email meals@mosman.nsw.gov.au.

Care Services

The Care Team at Mosman Council provides a range of services aimed at meeting the needs of older Mosman residents, younger people living with disability and their carers. We offer:

- Individualised Social Support which can include home visits, help to appointments, assistance with shopping and more
- a support group for those caring for a relative or friend and
- activities and programs to make social connections with other like-minded people in our community.

For more information on how our Care Team can support you please call us on 9978 4119.

**Mosman
CommunityCare.**

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