

## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 10.30am St Matthews Hall Bingo	2	3
4 9.00am Aqua with Alina	5 2.00pm CWA Hall Craft & Conversation	6 10.30am CWA Hall Tai Chi	7 9.00am Aqua with Alina 2.00pm CWA Hall Healthy Minds	8 10.30am St Matthews Hall Hoy	9	10
11 9.00am Aqua with Alina	12 2.00pm St Matthews Hall Craft & Conversation	13 10.00am Men's Group Gyrica Gardens	14 9.00am Aqua with Alina 2.00pm St Matthews Hall Healthy Minds	15 10.30am St Matthews Hall Bingo	16	17
18 9.00am Aqua with Alina	19 2.00pm CWA Hall Craft & Conversation	20 10.30am Library I-Pads	21 9.00am Aqua with Alina 2.00pm CWA Hall Healthy Minds	22 10.30am St Matthews Hall Jumble Sale	23	24
25 9.00am Aqua with Alina	26 12.00pm Imperial Hotel Seniors Luncheon	27 10.30am St Matthews Hall Relaxation Session	28 9.00am Aqua with Alina 2.00pm St Matthews Hall Healthy Minds			