

## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.30am Games Practice CWA Hall	2 2.00pm Healthy Minds CWA Hall	3 10.00am Active Agers Sport & Rec Centre	4	5
6 Public Holiday	7 2.00pm Craft & Chat St Matthews Hall	8 10.30am Games Practice CWA Hall	9 10.30am Games Practice 2.00pm Healthy Minds St Matthews Hall	10 6.00am Senior Outback Games Charleville	11	12 Happy Mother's Day
13 10.30am Board Games CWA Hall	14 2.00pm Craft & Chat CWA Hall	15 10.30am VIC Morning Tea Lyn Barnes Exhibition	16 2.00pm Healthy Minds CWA Hall	17 10.00am Active Agers Sport & Rec Centre 1.30pm Mother's Day & Prayer Assembly St Finbarr's School	18	19
20 10.30am Gentle Exercises CWA Hall	21 2.00pm Craft & Chat CWA Hall	22 12.00pm Lunch & Catch up Quilpie Club (Pay for your own)	23 10.30am Healthy Minds St Matthews Hall	24 10.00am Active Agers Sport & Rec Centre	25	26
27 10.30am Tai Chi CWA Hall	28 2.00pm Craft & Chat CWA Hall	29 10.00am Men's Group Gyrice Gardens	30 10.00am Foot Care Hospital	31 10.00am Active Agers 5.00pm Q C Society Come Stitch with Me - Boro		