

COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

Phone: 4656 0500 Mobile: 0427 243 055

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.30am CWA Hall Chair Exercises	2 2.00pm CWA Hall Craft & Chat	3 10.30am CWA Hall Tai Chi	4 2.00pm CWA Hall Healthy Minds	5 10.30am St Matthews Hall Hoy	6	7
8 10.30am St Matthews Hall Chair Exercises	9 2.00pm St Matthews Hall Craft & Chat	10 10.30am St Matthews Hall Scrabble & Board Games	11 2.00pm St Matthews Hall Healthy Minds	12 10.30am St Matthews Hall Bingo	13	14
15 10.30am CWA Hall Chair Exercises	16 2.00pm CWA Hall Craft & Chat	17 10.30am CWA Hall Tai Chi	18 2.00pm CWA Hall Healthy Minds	19 10.30am St Matthews Hall Hoy	20	21
22 10.30am St Matthews Hall Chair Exercises	23 2.00pm St Matthews Hall Craft & Chat	24 12.00pm St Matthews Hall Pot Luck Lunch	25 2.00pm St Matthews Hall Craft & Chat	26 10.00am Foot Care Quilpie Hospital	27	28
29 10.30am CWA Hall Chair Exercises	30 2.00pm CWA Hall Craft & Chat	31 10.00am Gyrica Gardens Men's Group				