

## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 11.00am International Day of Older Persons Mulga Mates	2 10.30am St Matthews Hall Board Games	3 2.00pm St Matthews Hall Healthy Minds	4 10.30am St Matthews Hall Bingo	5	6
7 <b>PUBLIC HOLIDAY</b>	8 2.00pm CWA Hall Craft and Chat	9 12.00pm Mindfulness Session Quilpie Sports & Rec Centre	10 9.30am Pamper Morning Morning Tea Sausage Sizzle Quilpie Hospital	11 10.30am St Matthews Hall Hoy	12	13
14 9.00am Quilpie Pool Aqua	15 2.00pm St Matthews Hall Craft and Chat	16 10.30am St Matthews Hall Tai Chi	17 9.00am Aqua with Alina 2.00pm St Matthews Hall Healthy Minds	18 10.30am St Matthews Hall Bingo & Pot Luck Lunch	19	20
21 9.00am Quilpie Pool Aqua	22 2.00pm CWA Hall Craft and Chat	23 10.00am Gyrica Gardens Men's Group	24 9.00am Aqua with Alina 2.00pm CWA Hall Healthy minds	25 10.30am St Matthews Hall Jumble Sale	26	27
28 9.00am Quilpie Pool Aqua	29 2.00pm St Matthews Hall Craft and Chat	30 10.30am St Matthews Hall Board Games	31 9.00am Aqua with Alina 2.00pm St Matthews Hall Healthy Minds			