

COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 9:00am Aqua with Alina					1	2
3 Public Holiday	4 2:00pm CWA Hall Craft & Chat	5 10:00am Coffee Crawl Meet at CWA Hall	6 2:00pm CWA Hall Healthy Minds	7	8	9
10 9:00am Aqua with Alina	11 10:30am Morning Tea Adavale Hall Mental Health Week Bookings Essential	12 10:30am CWA Hall Chair Exercises	13 9:00am Aqua with Alina 11:00am CWA Hall Healthy Minds	14	15	16
17 9:00am Aqua with Alina	18 10:00am Morning Tea & Trivia Morning CWAATSICH	19 10:30am CWA Hall Healthy Minds	20 9:00am Grandparents Morning Quilpie State College	21	22	23
24 9:00am Aqua with Alina RSVP Luncheon	25 2:00pm CWA Hall Craft & Chat	26 10:30am CWA Hall Relaxation Session	27 9:00am Aqua with Alina 12:00pm Imperial Hotel Seniors Luncheon	28	29	30