


COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 9:00am Aqua with Alina	5 2:00pm Craft & Chat CWA Hall	6 10:30am Chair Exercises Library	7 9:00am Aqua with Alina 2:00pm Healthy Minds CWA Hall	8 International Women's Day	9	10
11 9:00am Aqua with Alina RSVP Seniors Luncheon	12 2:00pm Craft & Chat CWA Hall	13 10:30am Tai Chi CWA Hall	14 9:00am Aqua with Alina 12:00pm Seniors Luncheon Imperial Hotel Wear Green	15	16	17 
18 9:00am Aqua with Alina	19 10:00am Footcare Morning MPC Gyrca Gardens 2:00pm Webinar Library	20 10:00am Visit to Mulga Mates	21 9:00am Aqua with Alina 2:00pm Healthy Minds CWA Hall	22	23	24
25 9:00am Aqua with Alina	26 Michelle & Annie Outreach Trip Eromanga	27 10:30am Men's Group MPC Gyrca Gardens	28 9:00am Aqua with Alina 2:00pm Healthy Minds CWA Hall	29 Good Friday	30 Easter Saturday	31 Happy Easter!

Wherever life takes you, go with all your heart.