



COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 10:30am Tai Chi Gym	4 2:00pm Craft & Chat CWA Hall	5 9:00am Active Agers with Cameron Gym	6 2:00pm Healthy Minds CWA Hall Queensland Day	7	8	9
10 10:30am Tai Chi Gym	11 10:00am Visit to Mulga Mates	12 No Active Agers with Cameron	13 2:00pm Healthy Minds CWA Hall	14 10:30am Men's Group MPC Gyrice Gardens	15	16
17 10:30am Tai Chi Gym	18 2:00pm Paint & Sip (Fully Booked) MPC Gyrice Gardens	19 9:00am Active Agers with Cameron Gym	20 Outreach Trip Adavale Michelle & Annie	21	22	23
24 10:30am Tai Chi Gym RSVP Luncheon	25 10:00am Footcare MPC Gyrice Gardens	26 9:00am Active Agers with Cameron Gym	27 12:00pm Healthy Ageing Luncheon The Brick Hotel	28	29	30

The purpose of our lives is to be happy.