



## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 2:00pm Healthy Minds CWA Hall	2	3	4
5 11:00am Wheelie Wiggle Walk Gyrice Gardens	6 2:00pm Craft & Chat MPC Gyrice Gardens	7 10:30am Outback Seniors Games Training CWA Hall	8 2:00pm Healthy Minds MPC Gyrice Gardens	9 11:00am Book Lover's Day (Swap a Book) MPC Gyrice Gardens	10	11
12 10:30am Balance Exercises MPC Gyrice Gardens	13 2:00pm Craft & Chat CWA Hall	14 10:30am Outback Seniors Games Training CWA Hall	15 2:00pm Bingo CWA Hall	16	17	18
19 11:00am Wheelie Wiggle Walk Gyrice Gardens	20 10:30am Mulga Mates visit to MPC Gyrice Gardens	21 10:30am Outback Seniors Games Training	22 9:30am Bus trip to Toompine for Lunch Book with Michelle	23 10:30am Men's Group MPC Gyrice Gardens	24	25
26 10:30am Balance Exercises MPC Gyrice Gardens	27 10:00am Footcare Morning MPC Gyrice Gardens	28 10:30am Outback Seniors Games Training	29 2:00pm Healthy Minds CWA Hall	30 6:00am Outback Seniors Games Charleville	31	

**Cherish all your happy moments; they make a fine cushion for old age.**