



COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 No Program	3 2:00pm Craft & Chat MPC Gyrca Gardens	4 10:30am Chair Exercises MPC Gyrca Gardens	5 2:00pm Protecting Personal Information Online Session Library	6	7	8
9 10:30am Chair Yoga MPC Gyrca Gardens	10 2:00pm Information Session for Seniors & Craft & Chat MPC Gyrca Gardens	11 9:00am Outreach Trip to Adavale Annie & Michelle	12 2:00pm Healthy Minds MPC Gyrca Gardens Wear Yellow for R U OK? DAY	13	14	15
16 No Program	17 2:00pm BYO Craft Library	18 No Program	19 2:00pm Healthy Minds MPC Gyrca Gardens	20	21	22
23 No Program	24 2:00pm BYO Craft Library	25 No Program	26 2:00pm Healthy Minds MPC Gyrca Gardens	27	28	29

The older we get the earlier it gets late.