



COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10:00am Foot Care MPC Gyrica Gardens	2 10:30am Chair Exercises MPC Gyrica Gardens	3 2:00pm Healthy Minds MPC Gyrica Gardens	4	5	6
7 PUBLIC HOLIDAY	8 2:00pm Craft – Cricut Library	9 10:00am VIC Combined Schools Exhibition	10 9:00am Aqua with Alina 2:00pm Craft – Cricut Library	11	12	13
14 9:00am Aqua with Alina 12:00pm Get Online MPC Gyrica Gardens	15 9:30am Zoom Class Better Balance with Carol	16 10:30am Mindfulness Meditation MPC Gyrica Gardens	17 9:00am Aqua with Alina 2:00pm Healthy Minds MPC Gyrica Gardens	18	19	20
21 9:00am Aqua with Alina	22 10:30am Visit to Mulga Mates	23 10:30am MPC Gyrica Gardens Men's Group	24 9:00am Aqua with Alina 2:00pm CWA Hall Healthy Minds	25	26	27
28 9:00am Aqua with Alina	29 2:00pm Paint a Pot CWA Hall	30 12:00pm Seniors Luncheon The Brick Wear Pink RSVP by 24/10/24	31 9:00am Aqua with Alina 2:00pm Healthy Minds CWA Hall			



Love getting older
in Queensland