




COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 9:00am Aqua with Bec Quilpie Pool	5 10:00am Foot Care Morning MPC Gyrca Gardens Melbourne Cup Day \$2 & \$5 Sweeps Wear a Hat or Fascinator	6 10:30am Wii Sports Games CWA Hall	7 9:00am Aqua with Bec Quilpie Pool 2:00pm Healthy Minds MPC Gyrca Gardens	8	9	10
11 9:00am Aqua with Bec Quilpie Pool	12 2:00pm BYO Craft & Chat CWA Hall Bring along a piece of Tupperware for Show & Tell	13 10:30am Tai Chi CWA Hall World Kindness Day	14 2:00pm Accessing Music & Podcasts Online Library	15	16	17
18 9:00am Aqua with Bec Quilpie Pool 10:30am Men's Group MPC Gyrca Gardens	19 2:00pm Craft & Chat Christmas Decorations CWA Hall	20 No Program	21 9:00am Aqua with Bec Quilpie Pool 2:00pm Healthy Minds MPC Gyrca Gardens	22	23	24
25 9:00am Aqua with Bec Quilpie Pool	26 12:00pm BYO Picnic Lunch MPC Gyrca Gardens National Cake Day	27 10:30am Chair Exercises 	28 9:00am Aqua with Bec Quilpie Pool 2:00pm Healthy Minds MPC Gyrca Gardens	29	30	