

COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 2:00pm Healthy Minds MPC Gyrice Gardens	2	3	4
5 Public Holiday	6 2:00pm Craft & Chat MPC Gyrice Gardens	7 HPO Administrative Duties	8 2:00pm Healthy Minds MPC Gyrice Gardens	9	10	11 <i>Mother's Day</i>
12 10:00am Wheelie Wiggle Walk Meet at MPC Gyrice Gardens	13 10:00am Catch Up Cuppa CWAATSICH	14 10:30am Chair Exercises MPC Gyrice Gardens	15 2:00pm Healthy Minds MPC Gyrice Gardens Chocolate Chip Day	16 10:00am Men's Group Morning Tea MPC Gyrice Gardens	17	18
19 No Program	20 10:00am Footcare MPC Gyrice Gardens	21 10:00am Wheelie Wiggle Walk Meet at MPC Gyrice Gardens	22 2:00pm BeConnected Session Library	23	24	25
26 10:00am Wheelie Wiggle Walk Meet at MPC Gyrice Gardens	27 2:00pm Craft & Chat MPC Gyrice Gardens	28 10:30am Chair Exercises MPC Gyrice Gardens	29 2:00pm Healthy Minds MPC Gyrice Gardens	30	31	