



## COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer

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# JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 	2 <b>CLOSED</b>	3	4
5 <b>CLOSED</b>	6 <b>CLOSED</b>	7 <b>CLOSED</b>	8 <b>CLOSED</b>	9 <b>CLOSED</b>	10	11
12 <b>CLOSED</b>	13 <b>CLOSED</b>	14 <b>CLOSED</b>	15 <b>CLOSED</b>	16 <b>CLOSED</b>	17	18
19 8:30am Aqua with Bec	20 10:00 Footcare MPC Gyrica Gardens	21 10:30am Balance Exercises MPC Gyrica Gardens	22 8:30am Aqua with Bec 2:00pm Healthy Minds MPC Gyrica Gardens	23 <b>No Program</b>	24	25
26 	27 2:00pm Craft & Chat MPC Gyrica Gardens	28 10:30am Tai Chi MPC Gyrica Gardens	29 8:30am Aqua with Bec 2:00pm Healthy Minds MPC Gyrica Gardens	30 <b>No Program</b>	31	

***“You are never too old to set another goal or dream a new dream.”***