



Community Activities and Seniors Program April 2026

All enquiries to Michelle Donohue, Health Promotions Officer | Phone: 4656 0500 | Mobile: 0427 243 055

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"The best thing about getting older is that you don't lose all the other ages you've been." – Madeleine L'Engle</p>		<p>1 10:30am Tai Chi MPC Gyrica Gardens</p>	<p>2 9:00am Aqua with Bec Quilpie Pool 2:00 pm Healthy Minds MPC Gyrica Gardens</p>	<p>3 Good Friday Public Holiday </p>
<p>6  Easter Monday Public Holiday</p>	<p>7 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens</p>	<p>8 10:30am Hand Exercises MPC Gyrica Gardens</p>	<p>9 9:00am Aqua with Bec Quilpie Pool 2:00 pm Healthy Minds MPC Gyrica Gardens</p>	<p>10</p>
<p>13 9:00am Aqua with Bec Quilpie Pool</p>	<p>14 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens</p>	<p>15 10:30am Balance Exercises MPC Gyrica Gardens</p>	<p>16 9:00 am Aqua with Bec Quilpie Pool 12:00 noon Potluck Lunch (Bring a Plate to Share) MPC Gyrica Gardens</p>	<p>17 10:00 am Men's Group MPC Gyrica Gardens</p>
<p>20 No Program</p>	<p>21 2:00pm Craft, Chat & Cuppa Quilpie Library</p>	<p>22 No Program</p>	<p>23 2:00 pm Healthy Minds Quilpie Library</p>	<p>24</p>
<p>27 No Program</p>	<p>28 2:30pm Memories of Quilpie Afternoon Tea Quilpie Library</p>	<p>29 No Program</p>	<p>30 2:00 pm Healthy Minds Quilpie Library</p>	