

# Community Activities and Seniors Program June 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30am Wheelie Walker Wiggle MPC Gyrica Gardens	2 2:00pm Knit & Natter MPC Gyrica Gardens	3 <b>NO PROGAM</b>	4 2:00 pm Movie Afternoon MPC Gyrica Gardens	5
8 10:30am Wheelie Walker Wiggle MPC Gyrica Gardens	9 2:00pm Knit & Natter MPC Gyrica Gardens	10 10:30am Chair Exercises MPC Gyrica Gardens	11 10:30 am Memories of Quilpie Morning Tea @ Quilpie Library 2:00 pm Healthy Minds MPC Gyrica Gardens	12
15 10:30am Wheelie Walker Wiggle MPC Gyrica Gardens	16 10:00 am Footcare MPC Gyrica Gardens	17 10:30am Balance Exercises MPC Gyrica Gardens	18 2:00 pm Healthy Minds MPC Gyrica Gardens	19 10:00 am Camerata Orchestra Event MPC Gyrica Gardens
22 10:30am Wheelie Walker Wiggle MPC Gyrica Gardens	23 2:00pm Bingo with Emmanuel College Students MPC Gyrica Gardens	24 10:30am Hand Exercises MPC Gyrica Gardens	25 2:00 pm Healthy Minds MPC Gyrica Gardens	26 10:00 am Men's Group MPC Gyrica Gardens
29 10:30am Wheelie Walker Wiggle MPC Gyrica Gardens 2:00pm Tech Time Quilpie Library	30 2:00pm Knit & Natter MPC Gyrica Gardens	<p><b>“Life is a dance; find your rhythm and enjoy the steps.”</b></p> 		