

# Community Activities and Seniors Program July 2026



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>"Laughter is timeless. Imagination has no age. And dreams are forever." – Walt Disney</b></p>		<p>1</p> <p>10:30am Chair Exercises MPC Gyrica Gardens</p>	<p>2</p> <p>2:00 pm Healthy Minds MPC Gyrica Gardens</p>	<p>3</p>
		<p>6</p> <p>10:30am Wheelie Wiggle Walk MPC Gyrica Gardens</p>	<p>7</p> <p>2:00pm Craft, Chat &amp; Cuppa MPC Gyrica Gardens</p>	<p>8</p> <p>10:30am Chair Exercises MPC Gyrica Gardens</p>
<p>13</p> <p>10:30am Wheelie Wiggle Walk MPC Gyrica Gardens</p>	<p>14</p> <p>2:00pm Craft, Chat &amp; Cuppa MPC Gyrica Gardens</p>	<p>15</p> <p>10:30am OBSG Training MPC Gyrica Gardens</p>	<p>16</p> <p>2:00 pm Healthy Minds MPC Gyrica Gardens</p>	<p>17</p>
<p>20</p> <p>10:30am Wheelie Wiggle Walk MPC Gyrica Gardens</p>	<p>21</p> <p>11:30am PotLuck Soup Luncheon MPC Gyrica Gardens</p>	<p>22</p> <p>10:30am Tech Time Quilpie Library</p>	<p>23</p> <p>2:00 pm Healthy Minds MPC Gyrica Gardens</p>	<p>24</p> <p>10:00 am Men's Group MPC Gyrica Gardens</p>
<p>27</p> <p>10:30am Wheelie Wiggle Walk MPC Gyrica Gardens</p>	<p>28</p> <p>10:00am Footcare MPC Gyrica Gardens</p>	<p>29</p> <p>10:30am OBSG Training MPC Gyrica Gardens</p>	<p>30</p> <p>2:00 pm Healthy Minds Quilpie Library</p>	<p>31</p>