

Community Activities and Seniors Program August 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	4 2:00pm Craft, Chat & Cuppa Quilpie Library National Chocolate Chip Cookie Day	5 10:30am OBSG Training CWA Hall	6 2:00 pm Healthy Minds Quilpie Library	7
10 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	11 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens	12 10:30am OBSG Training MPC Gyrica Gardens	13 2:00 pm Healthy Minds MPC Gyrica Gardens	14 6:00am Pick up Outback Seniors Games Charleville
17 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	18 2:00pm Movie Afternoon MPC Gyrica Gardens	19 10:30am Chair Exercises MPC Gyrica Gardens	20 2:00 pm Healthy Minds MPC Gyrica Gardens Daffodil Day	17
24 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	25 10:00am Footcare MPC Gyrica Gardens	26 10:00am Seniors Digital Storytelling Workshop MPC Gyrica Gardens	27 2:00 pm Healthy Minds MPC Gyrica Gardens	28 10:00 am Men's Group MPC Gyrica Gardens
31 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	"Aging is not lost youth but a new stage of opportunity and strength." — Betty Friedan			