

Community Activities and Seniors Program

September 2026

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

Session times are subject to change. Updates will be posted on Quilpie Shire Council Facebook page.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens	2 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	3 2:00 pm Healthy Minds MPC Gyrica Gardens	4
7 No Program	8 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens	9 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	10 2:00 pm Healthy Minds MPC Gyrica Gardens	11 Show Holiday
14 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	15 10:00am Old is Beautiful Workshop MPC Gyrica Gardens	16 10:30am Chair Exercises MPC Gyrica Gardens	17 2:00 pm Healthy Minds Quilpie Library	18 10:00am Men's Group Toompine RSVP by 15/9/26
21 10:30am Wheelie Wiggle Walk MPC Gyrica Gardens	22 11:30am Sausage Sizzle MPC Gyrica Gardens Bring a Salad	23 2:00pm Tech Time MPC Gyrica Gardens	24 2:00 pm Healthy Minds MPC Gyrica Gardens	25
28 10:30am Healthy Ageing Session Online MPC Gyrica Gardens	29 10:00am Footcare MPC Gyrica Gardens International Coffee Day	30 10:30am Chair Exercises MPC Gyrica Gardens	Every wrinkle tells a story of love, laughter, and resilience.	