

Community Activities and Seniors Program

October 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
"It's not how old you are. It's how you are old." – Jules Renard			1 2:00 pm Healthy Minds MPC Gyrica Gardens	2
5 PUBLIC HOLIDAY	6 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens	7 10:30am Balance Exercises MPC Gyrica Gardens	8 2:00pm Bingo MPC Gyrica Gardens	9
12 9:30am Online Chair Yoga MPC Gyrica Gardens	13 2:00pm Craft, Chat & Cuppa BYO Craft MPC Gyrica Gardens	14 10:00am Wheelie Wiggle Walk MPC Gyrica Gardens	15 2:00pm Movie Afternoon MPC Gyrica Gardens	16
19 10:00am Wheelie Wiggle Walk MPC Gyrica Gardens	20 12:00pm Seniors Luncheon Supper Room Brolga Street RSVP by 16/10/26	21 10:30am Strength Exercises MPC Gyrica Gardens	22 2:00pm Healthy Minds MPC Gyrica Gardens	23
26 10:30am Healthy Ageing Session Online MPC Gyrica Gardens	27 10:30am Grandfriends Storytime with the littlest locals Quilpie Library	28 10:30am Seated Scarf Exercises MPC Gyrica Gardens	29 10:30am Memories of Quilpie MPC Gyrica Gardens	30