Community Activities and Seniors Program
November 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
2 10:00am Wheelie Wiggle Walk MPC Gyrica Gardens	**3** 10:00am Footcare Morning MPC Gyrica Gardens **Melbourne Cup Day** **National Sandwich Day**	**4** 10:30am Balance Exercises MPC Gyrica Gardens	**5** 2:00 pm Healthy Minds MPC Gyrica Gardens	**6**
9 10:00am Wheelie Wiggle Walk MPC Gyrica Gardens	**10** 2:00pm Christmas Craft with Michelle & Nicola MPC Gyrica Gardens **Vanilla Cupcake Day**	**11** 10:45am Remembrance Day Bob Young Memorial Park	**12** 2:00pm Healthy Minds Quilpie Shire Library	**13** 10:00am Men's Group MPC Gyrica Gardens **World Kindness Day**
16 9:30am Chair Yoga Online MPC Gyrica Gardens	**17** 2:00pm BeConnected IT Session Quilpie Shire Library	**18** 10:30am Tai Chi MPC Gyrica Gardens	**19** 2:00pm Craft, Chat & Cuppa MPC Gyrica Gardens	**20**
23 10:00am Wheelie Wiggle Walk MPC Gyrica Gardens	**24** 2:00pm Christmas Craft with Annie and Michelle MPC Gyrica Gardens	**25** 10:30am Seated Scarf Exercises MPC Gyrica Gardens	**26** 2:00pm Christmas Movie TBC MPC Gyrica Gardens	**27**
30 10:30am Healthy Ageing Session Online MPC Gyrica Gardens				

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