

SENIOR WEDNESDAYS

May 2024



All programs located in the MPR at 1370 Grosvenor Ave

LUNCH & LEARN

meet. eat. discover.



Community Wellness



Lunch & Learn

May 1st 12:30-3:00 PM

Long Term Care Homes—WRHA

12:30pm: Lunch **1:00pm:** Presentation

Please RSVP to 204-488-7000 by Apr 29th

*****We will be having potato salad, quinoa salad, and a leafy green salad. Please bring your own plate and fork*****

Technology Workshop

May 8th 1:00-3:00 PM

Social Media—Facebook, Pinterest, Youtube

Coffee/tea available

Community Wellness

May 15th 1:00-3:00 PM

Coffee & Conversation with Ben Carr

Coffee/tea available

Aging Actively

May 22nd 1:00-3:00 PM

Volunteering for Older Adults

Coffee/tea available

For more information, please call Corydon Community Centre at 204-488-7000 or email ckieloch@corydoncc.com

