

# Senior Wednesdays

APRIL 2025



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

## LUNCH & LEARN

*meet. eat. discover.*

### Lunch & Learn

**April 2nd 12:30-3:00pm**

5 Steps to Healthier Grocery Shopping

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

Please RSVP to 204-488-7000 by Mar 31st

***We will be having pulled pork sandwiches and coleslaw. Please bring a plate and fork***



### Technology Workshop

**April 9th 1:00-3:00pm**

Using Google Chrome

*Coffee & tea available*

## Community Wellness

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**April 16th 1:00-3:00pm**

Stroke Awareness - WFPS

*Coffee & tea available*



### Aging Actively

**April 23rd 1:00-3:00pm**

Medication Management & Safety

*Coffee & tea available*

**BONUS!**

### Bonus Wednesday

**April 30th 1:00-3:00pm**

CRA Taxes Presentation

*Coffee & tea available*