

## Senior Wednesdays

JUNE 2025



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

### LUNCH & LEARN

*meet. eat. discover.*

#### Lunch & Learn

**June 4<sup>th</sup> 12:30-3:00pm**

St James & Charleswood Municipality Series -  
Greg Agnew

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

Please RSVP to 204-488-7000 by June 2nd

***We will be having pizza. Please bring a plate***

### Community Wellness

#### Community Wellness

**June 11<sup>th</sup> 1:00-3:00pm**

Safer Use of Medications & Cannabis and its  
Benefits for Seniors

*Coffee & tea available*

HAVE A

GREAT

Summer

