

Senior Wednesdays

MAY 2025



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

LUNCH & LEARN

meet. eat. discover.

Lunch & Learn

May 7th 12:30-3:00pm

Disability Tax Credits

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

Please RSVP to 204-488-7000 by May 5th

We will be quinoa salad and green salad. Please bring a plate and fork



Technology Workshop

May 14th 1:00-3:00pm

Digital Security

Coffee & tea available

Community Wellness

Community Wellness

May 21st 1:00-3:00pm

Selkirk Settlers - Greg Agnew

Coffee & tea available



Aging Actively

May 28th 1:00-3:00pm

Gardening for Butterflies

Coffee & tea available