

# Senior Wednesdays

MARCH 2026



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE



## Lunch & Learn

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

AI Presentation - David Gerhard

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

Please RSVP to 204-488-7000 by March 2<sup>nd</sup>

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



## Community Wellness

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

TBD

*Coffee & tea available*



## Community Wellness

**March 18<sup>th</sup> 1:00-3:00pm**

Aging in Place - Victoria Lifeline

*Coffee & tea available*



## Aging Actively

**March 25<sup>th</sup> 1:00-3:00pm**

Native Bees - Jane Zoutman Master Gardener

*Coffee & tea available*