

# Senior Wednesdays

APRIL 2026



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

**LUNCH  
& LEARN**  
*meet. eat. discover.*

### Lunch & Learn

**April 1st 12:30-3:00pm**

GLAD Program - Kenaston Physio

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

Please RSVP to 204-488-7000 by March 30<sup>th</sup>

***We will be having Pita Pit for lunch, no need to bring dishes, but please bring a mug for coffee/tea***



### Technology Workshop

**April 8th 1:00-3:00pm**

Care Possible App - Lloyd Gwilliam

*Coffee & tea available*

**Community  
Wellness**

### Community Wellness

**April 15th 1:00-3:30pm**

Mature Driver Workshop

*Coffee & tea available*



### Aging Actively

**April 22nd 1:00-3:00pm**

Personal Safety for Seniors - WPS

*Coffee & tea available*



### Bonus Wednesday

**April 29th 1:00-3:00pm**

Participation - Active Aging MB

*Coffee & tea available*