

# Senior Wednesdays

MAY 2026



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

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

## Lunch & Learn

**May 6th 12:30-3:00pm**

Getting a Good Night's Sleep - Northway Pharmacy

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

Please RSVP to 204-488-7000 by May 4th

***We will be having a trio of salads. Please bring a plate and fork***



## Technology Workshop

**May 13th 1:00-3:00pm**

How to Make a TV Show - Lloyd Gwilliam

*Coffee & tea available*

**Community  
Wellness**

## Community Wellness

**May 20th 1:00-3:00pm**

Elder Abuse Prevention Services - A&O

*Coffee & tea available*



## Aging Actively

**May 27th 1:00-3:00pm**

Care & Feeding of House Plants - Lori Graham

*Coffee & tea available*