

# Senior Wednesdays

OCTOBER 2025



ALL PRESENTATIONS TAKE PLACE IN THE MPR AT 1370 GROSVENOR AVE

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

## Lunch & Learn

**October 7th 12:30-3:00pm**

Aging in place home modifications - Safe Harbour Homes

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

RSVP to 204-488-7000 by Oct 5<sup>th</sup> ***We will be having Roasted Carrot Soup and egg salad sandwiches . Please bring a bowl, spoon and plate***

**Community  
Wellness**

## Community Wellness October 14<sup>th</sup>

**1:00-3:00pm**

Travel for seniors - Great Canadian Travel  
*Coffee & tea available*

**Community  
Wellness**

## Community Wellness October 21<sup>st</sup>

**1:00-3:00pm** LUNGtivity program (1-1:45pm) - Pilates Manitoba

This is an active workshop involving breath work  
***There will be Coffee & tea available afterwards with time to socialize.***

**October 28 is election day there will be no Program this day**

CORYDON

COMETS