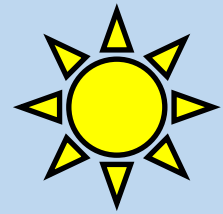


# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>CLOSED</b> for Canada Day	2	3 Café BREAK 12pm	4 Crib 1-3	5	6
7	8 Cardio Flex 9 am	9 Pole Walking 1-2 pm	10 Cardio Flex 9 am Café BREAK 12pm	11	12	13
14	15 Cardio Flex 9 am Helping Hands 1-3	16	17 Cardio Flex 9 am Café BREAK 12pm	18 Foot Clinic 9-4 Crib 1-3	19	20
21	22 Community Centre Closed NO PROGRAMS	23	24	25	26	27
28	29 Cardio Flex 9 am Helping Hands 1-3	30	31 Cardio Flex 9 am Lunch & movie 12pm			

MHRD Fitness\* = Blue Programs = Green Events = Red Café BREAK= Magenta

\*You can register for MHRD programs by visiting [mhrd.ca](http://mhrd.ca) or calling (204) 885-2444

\*\*All programs and events are subject to change, please contact the office