

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Café BREAK 12pm	CRIB CANCELLED	POLE WALKING CANCELLED	
6	7	8	9	10	11	12
	Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	Gentle Yoga 10 am	Strength & Stability 9:30 Café BREAK 12pm	Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care- giver Support Group 1-2:30 Crib & Coffee 1-3 Zumba 6:45	Pole Walking 10am	
13	14	15	16	17	18	19
	Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	Gentle Yoga 10 am	Strength & Stability 9:30 *Café BREAK 12pm L&L: Spring Craft	Foot Clinic 9-12 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	GOOD FRIDAY- CLOSED	
20	21	22	23	24	25	26
Happy Easter! 	NO MHRD Programs Helping Hands 1-3	Gentle Yoga 10 am	Strength & Stability 9:30 *Café BREAK 12pm L&L: Ask The Mayor	Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	Pole Walking 10am	
27	28	29	30			
	FEDERAL ELECTION: MHRD Programs to PCC Helping Hands CANCELLED	Gentle Yoga 10 am Volunteer Appreciation Tea 1pm	Strength & Stability 9:30 Café BREAK 12pm			

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

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444

**All programs and events are subject to change, please contact us if you're unsure about the status of a program