

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands	3 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	4 Strength & Stability 9:30 *Café BREAK 12pm: Brain Games with MHRD	5 Balance & Bones 1-2 (PCC) Crib & Coffee 1-3 Zumba 6:45	6 Pole Walking 10am	7 HGGT BioBlitz 1-4pm St Charles Big Band Concert 7pm
8	9 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	10 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	11 Strength & Stability 9:30 Café BREAK 12pm	12 Foot Clinic 9-4 Balance & Bones 1-2 (PCC) Dementia Care-giver Support Group 1pm Crib & Coffee 1-3 Zumba 6:45	13 Pole Walking 10am UFOH Concert 7pm	14
15 World Elder Abuse Awareness Day	16 Cardio Strength Fusion 9:30 Fit & Flex 10:45 Helping Hands 1-3	17 Gentle Yoga 10 am Ukulele Together 11-1 Golden Games 1-3	18 Strength & Stability 9:30 Café BREAK 12pm	19 Human Rights Museum Bus Outing 9:30-1:30 Crib & Coffee 1-3	20 Pole Walking 10am	21 PRA Family Fun Day 1 pm
22	23 Helping Hands 1-3	24 Ukulele Together 11-1 Golden Games 1-3	25 Café BREAK 12pm	26 Foot Clinic 9-12 Crib & Coffee 1-3	27 Pole Walking 10am	28
29	30 Helping Hands 1-3					

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