



Mt Gravatt Men's Shed. What's On!

Members: welcome back to the start of 2019

**NO WORKSHOP sessions until the Shed fully reopens on
Tuesday 29 January**

- Tuesday 15 January – HeartFit- 12:30 to 2:30
- Wednesday 16 January – Coffee/biscuit/talk – Gold coin from 9 to 12.
- Friday 18 January- HeartFit- 12:30 to 2:30
- Tuesday 22 January- HeartFit- 12:30 to 2:30
- Wednesday 23 January – Coffee/biscuit/talk – Gold coin from 9 to 12.
- Friday 25 January- HeartFit- 12:30 to 2:30
- Monday 28 January- Australia Day Holiday- Shed is closed.
- Tuesday 29 January- Shed reopens for normal activities
- Thursday 31 January- Cooking demo is back
- Monday 4 February- SOCIAL MEETING @ 10:30 for 11 start.

Guest Speaker:

Carina Wilson (Federal Department of Health)

Director Aged Care Regulation QLD

Domain Director, Flexible Aged Care Programs

For further calendar details, see [MGMS website](https://www.mtgravattmensshed.org.au/)

<https://www.mtgravattmensshed.org.au/>

Please remember to use the Shed's correct parking areas
and to observe the 15KpH Showground's speed limit.