

September 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Office Closed No Activities</p>	<p>2</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>3</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1-3 (Cheam)</p>	<p>4</p> <p>Strength and Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 1-3 (Cheam)</p>	<p>5</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30 - 11:15 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Mahjong 12-3 (Minto)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6:00-8:30pm (Slesse)</p>	<p>9</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>10</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1-3 (Cheam)</p>	<p>11</p> <p>Strength and Balance 9:15-10:15 (Cheam)</p> <p>Beginner Line Dancing 9:15-10:15am (Stage)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30-12:30 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 1-3 (Cheam)</p>	<p>12</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:30-11:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30 - 11:15 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Mahjong 12-3 (Minto)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6:00-8:30pm (Slesse)</p>	<p>16</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>17</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Zumba Gold 10:30-11:30 (Slesse)</p> <p>Technology Class 1-3 (Slesse) call to book</p> <p>Floor Curling 1-3 (Cheam)</p>	<p>18</p> <p>Strength and Balance 9:15-10:15 (Cheam)</p> <p>Beginner Line Dancing 9:15-10:15am (Stage)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30-12:30 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 1-3 (Cheam)</p>	<p>19</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:30-11:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Advanced Planning (Minto) 11am call Seniors First for app. 1-866-437-1940</p> <p>Chair Yoga 10:30 - 11:15 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Mahjong 12-3 (Minto)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6:00-8:30pm (Slesse)</p>	<p>23</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>24</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:30-11:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1-3 (Cheam)</p>	<p>25</p> <p>Strength and Balance 9:15-10:15 (Cheam)</p> <p>Beginner Line Dancing 9:15-10:15am (Stage)</p> <p>Walking Group 10am (Townsend)</p> <p>Line Dancing 10:30-12:30 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 1-3 (Cheam)</p>	<p>26</p> <p>Pickleball 8:15-10:15 (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:30-11:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
 <p>Office Closed No Activities</p>	<p>30</p>	<p>30</p>	 <p>9291 Corbould Street 604.793.9979</p>	<p>LEGEND</p> <p>Rooms in Evergreen Hall: Minto, Slesse, Cheam, Stage</p> <p>Landing Centre Second Floor: Loft</p> <p>Lions' Hall on Spadina: Lions'</p> <p>Lions' Hall on Main: Lions/Main</p> <p>Townsend: By Playground</p>