



# November 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>9291 Corbould Street 604.793.9979</p>	<b>LEGEND</b> Rooms in Evergreen Hall: <i>Minto, Slesse, Cheam, Stage</i> Landing Centre Second Floor: <i>Loft</i> Lions' Hall on Spadina: <i>Lions'</i> Lions' Hall on Main: <i>Lions/Main</i> Colisium: Enter by the Chief Entrance			Pickleball 8:15-10:15 (Cheam) <span style="float: right;">1</span> Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Badminton 1-3 (Cheam)
Pickleball 7:30-9:30 (Cheam) <span style="float: right;">4</span> Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30 - 11:15 (Slesse) Table Tennis 10:30-12:30 (Loft) Mahjong 12-3 (Minto) Badminton 2-4 (Cheam) Euchre 6:00-8:30pm (Slesse)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">5</span> Walking Group 9:30am (Colisium) Carpet Bowling 10-12 (Slesse)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">6</span> Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Floor Curling 1:30-3:30 (Cheam)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">7</span> Carpet Bowling 10-12 (Slesse) Line Dancing 10:30-12 (Cheam) Crib 1-3 (Slesse) Pickleball 1-3 (Cheam)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">8</span> Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Badminton 1-3 (Cheam)
Office Closed Activities Cancelled <span style="float: right;">11</span>  <p>REMEMBRANCE DAY <i>Let's Not Forget</i></p>	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">12</span> Walking Group 9:30am (Colisium) Carpet Bowling 10-12 (Slesse)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">13</span> Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Floor Curling 1:30-3:30 (Cheam)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">14</span> Carpet Bowling 10-12 (Slesse) Line Dancing 10:30-12 (Cheam) Crib 1-3 (Slesse) Pickleball 1-3 (Cheam)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">15</span> Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis <del>Cancelled Re: City</del> Zumba Gold 10:45-11:45 (Cheam) Badminton 1-3 (Cheam)
Pickleball 7:30-9:30 (Cheam) <span style="float: right;">18</span> Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30 - 11:15 (Slesse) Table Tennis 10:30-12:30 (Loft) Mahjong 12-3 (Minto) Badminton 2-4 (Cheam) Euchre 6:00-8:30pm (Slesse)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">19</span> Walking Group 9:30am (Colisium) Carpet Bowling 10-12 (Slesse)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">20</span> Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) <b>Tech Class 1-3 call the office to book</b> Floor Curling 1:30-3:30 (Cheam)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">21</span> Carpet Bowling 10-12 (Slesse) Line Dancing 10:30-12 (Cheam) Crib 1-3 (Slesse) Pickleball 1-3 (Cheam)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">22</span> Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Badminton 1-3 (Cheam)
Pickleball 7:30-9:30 (Cheam) <span style="float: right;">25</span> Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30 - 11:15 (Slesse) Table Tennis 10:30-12:30 (Loft) <b>Advanced Planning (Minto) 11am call Seniors First for app. 1-866-437-1940</b> Badminton 2-4 (Cheam) Euchre 6:00-8:30pm (Slesse)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">26</span> Walking Group 9:30am (Colisium) Carpet Bowling 10-12 (Slesse)	Pickleball 8:15-10:15 (Cheam) <span style="float: right;">27</span> Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Floor Curling 1:30-3:30 (Cheam)	Strength & Balance 9:15-10:15 (Cheam) <span style="float: right;">28</span> Carpet Bowling 10-12 (Slesse) Line Dancing 10:30-12 (Cheam) Crib 1-3 (Slesse) Pickleball 1-3 (Cheam)	Pickleball <del>Cancelled re City</del> <span style="float: right;">29</span> Chair Yoga <del>Cancelled re City</del> Chair Yoga <del>Cancelled re City</del> Table Tennis 10:30-12:30 (Loft) Zumba Gold <del>Cancelled re City</del> Badminton <del>Cancelled re City</del>