

October 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>9291 Corbould Street 604.793.9979</p>	<p>Strength & Balance 9:15-10:15 (Cheam) 1</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) 2</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 10:45-11:45 (Cheam)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>Strength & Balance 9:15-10:15 (Cheam) 3</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>Pickleball 8:15-10:15 (Cheam) 4</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>Zumba Gold Cancelled - Instructor Away</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam) 7</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>Strength & Balance 9:15-10:15 (Cheam) 8</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) 9</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>Strength & Balance Cancelled - Election 10</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing Cancelled - Election</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball Cancelled - Election</p>	<p>Pickleball 8:15-10:15 Cancelled - Election 11</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>Zumba Gold Cancelled-Election</p> <p>Badminton 1-3 Cancelled - Election</p>
<p>Office Closed Activities Cancelled 14</p> 	<p>Strength and Balance 9:15-10:15 Lions Hall 45580 Spadina (next to Evergreen) 15</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball Cancelled - Election 16</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 Cancelled - Election</p> <p>Floor Curling Cancelled - Election</p>	<p>All programs Cancelled 17</p>  <p>9am to 2pm</p>	<p>Pickleball 8:15-10:15 (Cheam) 18</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>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam) 21</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>Strength & Balance 9:15-10:15 (Cheam) 22</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) 23</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 10:45-11:45 (Cheam)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>Strength & Balance 9:15-10:15 (Cheam) 24</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>Pickleball 8:15-10:15 (Cheam) 25</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>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 7:30-9:30 (Cheam) 28</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga Cancelled</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Advanced Planning (Minto) 11am call Seniors First for app. 1-866-437-1940</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6:00-8:30pm (Slesse)</p>	<p>Strength & Balance 9:15-10:15 LANDING SPORTS CENTRE on Spadina 29</p> <p>Walking Group 10am (Townsend)</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) 30</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 10:45-11:45 (Cheam)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>Strength & Balance 9:15-10:15 (Cheam) 31</p> <p>Walking Group Start 9:30-10am (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>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>