




# November 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>9291 Corbould Street 604.793.9979</p>	<p><b>LEGEND</b>  <b>Rooms in Evergreen Hall:</b>  <i>Minto, Slesse, Cheam, Stage</i>  <b>Landing Centre Second Floor: Loft</b>  <b>Lions' Hall on Spadina: Lions'</b>  <b>Lions' Hall on Main: Lions/Main</b>  <b>Colisium: Enter by the Chief Entrance</b></p>			<p>Pickleball 8:15-10:15 (Cheam) <b>1</b>            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)</p>
<p>Pickleball 7:30-9:30 (Cheam) <b>4</b>            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)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>5</b>            Walking Group 9:30am (Colisium)            Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>6</b>            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)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>7</b>            Carpet Bowling 10-12 (Slesse)            Line Dancing 10:30-12 (Cheam)            Crib 1-3 (Slesse)            Pickleball 1-3 (Cheam)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>8</b>            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)</p>
<p><b>Office Closed</b>  <b>Activities Cancelled</b> <b>11</b></p>  <p>REMEMBRANCE DAY <i>Let No One Forget</i></p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>12</b>            Walking Group 9:30am (Colisium)            Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>13</b>            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)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>14</b>            Carpet Bowling 10-12 (Slesse)            Line Dancing 10:30-12 (Cheam)            Crib 1-3 (Slesse)            Pickleball 1-3 (Cheam)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>15</b>            Gentle Yoga 9:30 (Slesse)            Chair Yoga 10:30 (Slesse)            Table Tennis <b>Cancelled Re: City</b>            Zumba Gold 10:45-11:45 (Cheam)  <b>Badminton 12-2 (Cheam)</b></p>
<p>Pickleball 7:30-9:30 (Cheam) <b>18</b>            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)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>19</b>            Walking Group 9:30am (Colisium)            Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>20</b>            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)</p>  <p>Christmas Stocking Donation Drive Through 8am-10am</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>21</b>            Carpet Bowling 10-12 (Slesse)            Line Dancing 10:30-12 (Cheam)            Crib 1-3 (Slesse)            Pickleball 1-3 (Cheam)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>22</b>            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)</p>
<p>Pickleball 7:30-9:30 (Cheam) <b>25</b>            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</b>  <b>call Seniors First for app. 1-866-437-</b>            Badminton 2-4 (Cheam)            Euchre 6:00-8:30pm (Slesse)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>26</b>            Walking Group 9:30am (Colisium)            Carpet Bowling 10-12 (Slesse)</p>	<p>Pickleball 8:15-10:15 (Cheam) <b>27</b>            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)</p>	<p>Strength &amp; Balance 9:15-10:15 (Cheam) <b>28</b>            Carpet Bowling 10-12 (Slesse)            Line Dancing 10:30-12 (Cheam)            Crib 1-3 (Slesse)            Pickleball 1-3 (Cheam)</p>	<p>Pickleball <b>Cancelled re City</b> <b>29</b>            Chair Yoga <b>Cancelled re City</b>            Chair Yoga <b>Cancelled re City</b>            Table Tennis 10:30-12:30 (Loft)            Zumba Gold <b>Cancelled re City</b>            Badminton <b>Cancelled re City</b></p>