





February 2025 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LEGEND</p> <p>Rooms in Evergreen Hall: Minto, Slesse, Cheam</p> <p>Landing Sports Centre Second Floor <i>Loft</i> Main Floor <i>Landing</i></p>	 <p>9291 Corbould Street 604.793.9979</p>		<p>Please note new pickleball times</p> <p>Monday's 7am-9:30am Wednesday's and Friday's 7am-10:15am Thursday 7am-9:30am - Landing (Trial basis) Thursday 12:45pm-3:45pm All sessions \$4 perperson</p>	
<p>Pickleball 6:45am-9:30am (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 6-8:30pm (Slesse)</p>	<p>3</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>4</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>5</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12(Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>6</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 6:45am-9:30am (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 6-8:30pm (Slesse)</p>	<p>10</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>11</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>12</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>13</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Valentine Event 1pm-3pm (Loft) \$15per person in advance. Table Tennis 9am-11am (Loft)</p> <p>Badminton 1-3 (Cheam)</p> 
<p>CLOSED</p> 	<p>17</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>18</p> <p>Pickleball 7am-10:15am (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 10:45-11:45 (Cheam)</p> <p>Technology Tutoring 1-3 (Slesse) call for appointment</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>19</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>20</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Frauds and Scams 12:30-2:30 (Slesse) call to RSVP</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 6:45am-9:30am (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30-11:15 (Slesse)</p> <p>Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6-8:30pm (Slesse)</p>	<p>24</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>25</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>26</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>27</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 6:45am-9:30am (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30-11:15 (Slesse)</p> <p>Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6-8:30pm (Slesse)</p>	<p>24</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>25</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>26</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>27</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 6:45am-9:30am (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30-11:15 (Slesse)</p> <p>Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6-8:30pm (Slesse)</p>	<p>24</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>25</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>26</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>27</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>
<p>Pickleball 6:45am-9:30am (Cheam)</p> <p>Line Dancing 10-11:30 (Cheam)</p> <p>Chair Yoga 10:30-11:15 (Slesse)</p> <p>Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 2-4 (Cheam)</p> <p>Euchre 6-8:30pm (Slesse)</p>	<p>24</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Walking Group 9:30(Coliseum) Meet at Chief entrance</p> <p>Carpet Bowling 10-12 (Slesse)</p>	<p>25</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Chair Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Floor Curling 1:30-3:30 (Cheam)</p>	<p>26</p> <p>Pickleball 7am-9:30am (Landing)</p> <p>Strength & Balance 9:15-10:15 (Cheam)</p> <p>Carpet Bowling 10-12 (Slesse)</p> <p>Line Dancing 10:30 - 12 (Cheam)</p> <p>Crib 1-3 (Slesse)</p> <p>Pickleball 12:45pm-3:45pm (Cheam)</p>	<p>27</p> <p>Pickleball 7am-10:15am (Cheam)</p> <p>Gentle Yoga 9:30 (Slesse)</p> <p>Chair Yoga 10:30 (Slesse)</p> <p>Zumba Gold 10:45-11:45 (Cheam)</p> <p>Table Tennis 10:30-12:30 (Loft)</p> <p>Badminton 1-3 (Cheam)</p>