

January 2025 Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday			
LEGEND Rooms in Evergreen Hall: <i>Minto, Slesse, Cheam, Stage</i> Landing Centre Second Floor: <i>Loft</i> Lions' Hall on Spadina: <i>Lions'</i>		 9291 Corbould Street 604.793.9979				1 Office still closed		2 Office still closed		3 Office still closed	
Pickleball 7:30-9:30 (Cheam) 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 6-8:30pm (Slesse)		6 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30(Coliseum) Carpet Bowling 10-12 (Slesse)		7 Pickleball 8:15-10:15 (Cheam) Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Sleese) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Floor Curling 1:30-3:30 (Cheam)		8 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12(Cheam) Crib 1-3 (Slesse) Pickleball 1pm-3pm (Cheam)		9 Pickleball 8:15-10:15 (Cheam) Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Zumba Gold Cancelled Instructor Away Table Tennis 10:30-12:30 (Loft) Badminton 1-3 (Cheam)		10	
Pickleball 7:30-9:30 (Cheam) 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 6-8:30pm (Slesse)		13 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Carpet Bowling 10-12 (Slesse)		14 Pickleball 8:15-10:15 (Cheam) Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Sleese) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Technology Tutoring 1-3 (Slesse) call to book appointment Floor Curling 1:30-3:30 (Cheam)		15 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Crib 1-3 (Slesse) Pickleball 1-3 (Cheam)		16 Pickleball 8:15-10:15 (Cheam) Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Badminton 1-3 (Cheam)		17	
Pickleball 7:30-9:30 (Cheam) Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30-11:15 (Slesse) Table Tennis 10:30-12:30 (Loft) Seniors First - Advanced Planning 10am-1pm (Minto) call for appointment Badminton 2-4 (Cheam) Euchre 6-8:30pm (Slesse)		20 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Carpet Bowling 10-12 (Slesse)		21 Pickleball 8:15-10:15 (Cheam) Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Sleese) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Floor Curling 1:30-3:30 (Cheam)		22 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Crib 1-3 (Slesse) Pickleball 1pm-3pm (Cheam)		23 Pickleball 8:15-10:15 (Cheam) Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Badminton 1-3 (Cheam)		24	
Pickleball 7:30-9:30 (Cheam) Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30-11:15 (Slesse) Mahjong 12-3 (Minto) Table Tennis 10:30-12:30 (Loft) Badminton 2-4 (Cheam) Euchre 6-8:30pm (Slesse)		27 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Carpet Bowling 10-12 (Slesse)		28 Pickleball 8:15-10:15 (Cheam) Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Sleese) Zumba Gold 10:45-11:45 (Cheam) Table Tennis 10:30-12:30 (Loft) Floor Curling 1:30-3:30 (Cheam)		29 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Crib 1-3 (Slesse) Pickleball 1pm-3pm (Cheam)		30 Pickleball 8:15-10:15 (Cheam) Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Zumba Gold 10:45-11:45 (Cheam) Table Tennis Cancelled Re: city booking Badminton 1-3 (Cheam)		31	