


March 2025 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 6:45am-9:30am (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)	3 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Meet at Chief entrance Carpet Bowling 10-12 (Slesse)	4 Pickleball 7am-10:15am (Cheam) 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)	5 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Pickleball 12:45pm-3:45pm (Cheam) Crib 1-3 (Slesse)	6 Pickleball 7am-10:15am (Cheam) 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)
10 Pickleball 6:45am-9:30am (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)	11 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Meet at Chief entrance Carpet Bowling 10-12 (Slesse)	12 Pickleball 7am-10:15am (Cheam) 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)	13 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Pickleball 12:45pm-3:45pm (Cheam) Crib 1-3 (Slesse)	14 Pickleball 7am-10:15am (Cheam) 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)
17 Pickleball 6:45am-9:30am (Cheam) Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30-11:15 (Slesse) Table Tennis 10:30-12:30 (Loft) Baked Potato Lunch 12-3 Lions Hall Mahjong 12-3 (Minto) Badminton 2-4 (Cheam) Euchre 6-8:30pm (Slesse)	18 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Meet at Chief entrance Carpet Bowling 10-12 (Slesse)	19 Pickleball 7am-10:15am (Cheam) Chair Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Gold 10:45-11:45 (Cheam) Technology Tutoring 1-3 (Slesse) call for appointment Floor Curling 1:30-3:30 (Cheam)	20 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Pickleball 12:45pm-3:45pm (Cheam) Crib 1-3 (Slesse)	21 Pickleball 7am-10:15am (Cheam) Gentle Yoga 9:30 (Slesse) Chair Yoga 10:30 (Slesse) Table Tennis 10:30-12:30 (Loft) Zumba Cancelled (Instructor Away) Badminton 1-3 (Cheam)
24 Pickleball 6:45am-9:30am (Cheam) Line Dancing 10-11:30 (Cheam) Chair Yoga 10:30-11:15 (Slesse) Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940 Table Tennis 10:30-12:30 (Loft) Badminton 2-4 (Cheam) Euchre 6-8:30pm (Slesse)	25 Strength & Balance 9:15-10:15 (Cheam) Walking Group 9:30 (Coliseum) Meet at Chief entrance Carpet Bowling 10-12 (Slesse)	26 Pickleball 7am-10:15am (Cheam) 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)	27 Strength & Balance 9:15-10:15 (Cheam) Carpet Bowling 10-12 (Slesse) Line Dancing 10:30 - 12 (Cheam) Pickleball 12:45pm-3:45pm (Cheam) Crib 1-3 (Slesse)	28 Pickleball 7am-10:15am (Cheam) 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)
31 Pickleball 6:45am-9:30am (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)	LEGEND Rooms in Evergreen Hall: <i>Minto, Slesse, Cheam</i> Landing Sports Centre Second Floor <i>Loft</i> Main Floor <i>Landing</i>	 9291 Corbould Street 604.793.9979	Please note new pickleball times Monday's 7am-9:30am Wednesday's and Friday's 7am-10:15am Thursday 12:45pm-3:45pm All sessions \$4 perperson	