


# May 2025 Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday			
<b>LEGEND</b> <b>Rooms in Evergreen Hall:</b> <i>Minto, Slesse, Cheam</i> <b>Landing Sports Centre</b> Second Floor <i>Loft</i> Main Floor <i>Landing</i> <i>*Townsend by Playground if raining,</i> <i>Coliseum by Chiefs entrance.</i>		 <b>9291 Corbould Street</b> <b>604.793.9979</b>				<b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse) <b>Line Dancing 10:30 - 12</b> (Cheam) <b>Pickleball 12:45-3:45</b> (Cheam) <b>Crib 1-3</b> (Slesse)		<b>1</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Gentle Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Badminton 1-3</b> (Cheam)		<b>2</b>	
<b>Pickleball 6:45am-9:30am</b> (Cheam) <b>Line Dancing 10-11:30</b> (Cheam) <b>Chair Yoga 10:30-11:15</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Mahjong 12-3</b> (Minto) <b>Badminton 2-4</b> (Cheam) <b>Euchre 6-8:30pm</b> (Slesse)		<b>5</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse)		<b>6</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Chair Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Floor Curling 1:30-3:30</b> (Cheam)		<b>7</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse) <b>Line Dancing 10:30 - 12</b> (Cheam) <b>Pickleball 12:45-3:45</b> (Cheam) <b>Crib 1-3</b> (Slesse)		<b>8</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Gentle Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Badminton 1-3</b> (Cheam)		<b>9</b>	
<b>Pickleball 6:45-9:30</b> (Cheam) <b>Line Dancing 10-11:30</b> (Cheam) <b>Chair Yoga 10:30-11:15</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Mahjong 12-3</b> (Minto) <b>Badminton 2-4</b> (Cheam) <b>Euchre 6-8:30pm</b> (Slesse)		<b>12</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse)  <b>Volunteer Appreciation Lunch</b> 12pm-2pm Loft Office closed at 11am		<b>13</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Belly Dancing 9am</b> (Slesse) punch cards and passes can be used chairs available for those with mobility issues  <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Floor Curling 1:30-3:30</b> (Cheam)		<b>14</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse) <b>Line Dancing Last Day before Summer Break 10:30 - 12</b> (Cheam) <b>Pickleball 12:45-3:45</b> (Cheam) <b>Crib 1-3</b> (Slesse)		<b>15</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Gentle Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Badminton 1-3</b> (Cheam)		<b>16</b>	
<b>NO Activities</b>  <b>Victoria Day</b>		<b>19</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse)		<b>20</b> <b>Pickleball Cancelled City Booking</b> <b>Chair Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold Cancelled City Booking</b> <b>Floor Curling Cancelled City Booking</b>		<b>21</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse) <b>Pickleball 12:45-3:45</b> (Cheam) <b>Crib 1-3</b> (Slesse)		<b>22</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Gentle Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Badminton 1-3</b> (Cheam) Aging in Place and the Different kinds of Care Homes Community ED 1pm Slesse		<b>23</b>	
<b>Pickleball 6:45-9:30</b> (Cheam) <b>Line Dancing 10-11:30</b> (Cheam) <b>Chair Yoga 10:30-11:15</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) Advanced Planning (Minto) call Seniors First for appointment 1-866-437-1940 <b>Badminton 2-4</b> (Cheam) <b>Euchre 6-8:30pm</b> (Slesse)		<b>26</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse)		<b>27</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Chair Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) <b>Floor Curling Cancelled</b> CDSRS AGM 1pm-3pm (Cheam)		<b>28</b> <b>Strength &amp; Balance 9:15-10:15</b> (Cheam) <b>Walking Group 9:30 *</b> <b>Carpet Bowling 10-12</b> (Slesse) <b>Pickleball 12:45-3:45</b> (Cheam) <b>Crib 1-3</b> (Slesse)		<b>29</b> <b>Pickleball 7-10:15</b> (Cheam) <b>Gentle Yoga 9:30</b> (Slesse) <b>Chair Yoga 10:30</b> (Slesse) <b>Table Tennis 10:30-12:30</b> (Loft) <b>Zumba Gold 10:45-11:45</b> (Cheam) Seniors Safety Community ED 1pm Slesse <b>Badminton 1-3</b> (Cheam)		<b>30</b>	