


July Activity Calendar - see back for Key

Monday	Tuesday	Wednesday	Thursday	Friday
June 30th Office Closed Monday Activities as usual	Canada Day Stat Office Closed, no activities 	Pickleball 7 am - 10:15 am Chair Yoga 9:30 am Chair Yoga 10:30 am Table Tennis 10:30 am Floor Curling 1:30 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am Pickleball 12:45 pm - 3:45 pm Crib 1 pm	Pickleball 7 am - 10:15 am Gentle Yoga 9:30 am Chair Yoga 10:30 am Table Tennis 10:30 am Badminton 1 pm
Pickleball 6:45am-9:30am Chair Yoga 10:30 am Table Tennis 10:30 am Mahjong 12 pm - 3 pm Badminton 2 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am	Pickleball 7 am - 10:15 am Belly Dancing 9 am Chair Yoga 10:30 am Table Tennis 10:30 am Floor Curling 1:30 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am Pickleball 12:45 pm - 3:45 pm Crib 1 pm	Pickleball 7 am - 10:15 am Gentle Yoga 9:30 am Chair Yoga 10:30 am Table Tennis 10:30 am Badminton 1 pm
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Key for Activity Calendar

Your first class is free! Contact us for membership and payment details.

Line dancing, Mahjong and Zumba Gold will return in the fall.

Locations

Minto, Cheam, and Slesse: Rooms in Evergreen Hall, 9291 Corbould Street

Loft: Chilliwack Landing Sports Centre, 45530 Spadina Avenue

Townsend Park 45130 Wolfe Road

Coliseum: 45323 Hocking Avenue. Enter through the Chilliwack Chiefs' office located at the back of the building

Activity	Location	Cost	Length
Advanced Planning Seniors First	Minto	Free	Varies - call 1.866.437.1940 to book
Badminton	Cheam	\$6	2 hours
Belly Dancing	Slesse	\$6	1 hour
Carpet Bowling	Slesse	\$3	2 hours
Crib	Slesse	\$3	2 hours
Euchre	Slesse	\$3	2.5 hours
Floor Curling	Cheam	\$3	2 hours
Pickleball	Cheam	\$4	Varies
Strength and Balance	Cheam	\$6	1 hour
Table Tennis	Chilliwack Landing	\$3	2 hours
Walking Group - good weather	Townsend	Free	1 hour
Walking Group - too hot or rainy	Colosseum – Chiefs entrance	Free	1 hour
Yoga (Chair)	Slesse	\$6	45min
Yoga (Gentle)	Slesse	\$6	45min