

# July Activity Calendar - see back for Key

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 30th</b> <b>Office Closed</b> Monday Activities as usual	<b>Canada Day Stat</b> <b>Office Closed,</b> <b>no activities</b> 	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 Badminton 2 pm Euchre 6 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
Pickleball 6:45am-9:30am Chair Yoga 10:30 am Table Tennis 10:30 am Badminton 2 pm Euchre 6 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am	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 Seniors First Advanced Planning Badminton 2 pm Euchre 6 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am	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 Euchre 6 pm Badminton 2 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am	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 Euchre 6 pm Badminton 2 pm	Strength & Balance 9:15am Walking Group 9:30 am Carpet Bowling 10 am	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	 9291 Corbould Street 604.793.9979



## 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 Hodgins 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