




# September Activity Calendar - see back for Key

Monday		Tuesday		Wednesday		Thursday		Friday	
Stat Holiday - No Activities 		1	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10am	2	Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Floor Curling 1:30 p.m.	3	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	4	Pickleball 7 a.m. - 10:15 a.m. Gentle Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 1 p.m.
Pickleball 6:45 a.m. - 9:30 a.m. Belly Dancing 9 a.m. Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Mahjong 12 p.m. Badminton 2 p.m. Euchre Cancelled		8	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	9	Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Floor Curling 1:30 p.m.	10	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	11	Pickleball 7 a.m. - 10:15 a.m. Gentle Yoga 9:30 a.m. Both yogas at the Landing - Clover room Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Badminton 1 p.m.
Pickleball 6:45 a.m. - 9:30 a.m. Belly Dancing 9 Landing Clover Room Line Dancing 10 a.m. Chair Yoga 10:30 Landing Clover Room Table Tennis 10:30 a.m. Mahjong 12 p.m. Badminton 2 p.m. Euchre Cancelled		15	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	16	Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30am Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Technology Tutoring 1 p.m. Floor Curling 1:30 p.m.	17	Strength and Balance 9:15 a.m. Line Dancing 10:30 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	18	Pickleball 7 a.m. - 10:15 a.m. Gentle Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Badminton 1 p.m.
Pickleball 6:45 a.m. - 9:30 a.m. Belly Dancing 9 a.m. Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Advanced Planning Seniors First Badminton 2 p.m. Euchre 6 p.m.		22	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	23	Office closed for staff development Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30am Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Floor Curling 1:30 p.m.	24	Strength and Balance 9:15 a.m. Line Dancing 10:30 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	25	Pickleball 7 a.m. - 10:15 a.m. Gentle Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba Gold 10:45 a.m. Badminton 1 p.m.
Office closed Pickleball 6:45 a.m. - 9:30 a.m. Belly Dancing 9 a.m. Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Mahjong 12 p.m. Badminton 2 p.m. Euchre 6 p.m.		29	National Day for Truth and Reconciliation Stat Holiday No Activities - Office Closed  ORANGE SHIRT DAY SEPTEMBER 30		30	 9291 Corbould Street 604.793.9979			

## Key for Activity Calendar

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

### 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 – see calendar
Line Dancing Monday	Cheam	\$6	1.5 hours
Line Dancing Thursday	Cheam	\$3	1.5 hours
Mahjong	Minto	\$3	2 hours
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
Zumba Gold	Cheam	\$6	1 hour