

## February 2026 Activity Calendar - see back for Key

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball 6:45 a.m. - 9:30 a.m. Chair Yoga 9:30 a.m. Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	<b>2</b> Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	<b>3</b> 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 10:45 a.m. Floor Curling 1:30 p.m.	<b>4</b> Strength and Balance Cancelled- instructor away Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Line Dancing 10:30 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	<b>5</b> Pickleball 7 a.m. - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba 10:45 a.m. Badminton 1 p.m.
Pickleball 6:45 a.m. - 9:30 a.m. Chair Yoga 9:30 a.m. Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	<b>9</b> Strength and Balance Cancelled- instructor away Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	<b>10</b> 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 10:45 a.m. Floor Curling 1:30 p.m.	<b>11</b> Strength and Balance Cancelled- instructor away Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Line Dancing 10:30 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	<b>12</b> Pickleball 7 a.m. - 10am Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. - <b>12pm</b>  <b>Valentine Musical Trivia 1pm-2:30pm</b> Zumba 10:45 a.m. Badminton 1 p.m.
<b>No Activities</b> 	<b>16</b> Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	<b>17</b> 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 10:45 a.m. <b>Technolgy Support 1 .p.m.</b> Floor Curling 1:30 p.m.	<b>18</b> Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Line Dancing 10:30 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	<b>19</b> Pickleball 7 a.m. - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba 10:45 a.m. Badminton 1 p.m.
Pickleball 6:45 a.m. - 9:30 a.m. Chair Yoga 9:30 a.m. <b>Advanced Planning Seniors First</b> Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	<b>23</b> Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	<b>24</b> 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 <b>cancelled instructor away</b> Floor Curling 1:30 p.m.	<b>25</b> Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Line Dancing 10:30 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.	<b>26</b> Pickleball 7 a.m. - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Zumba <b>cancelled instructor away</b> Badminton 1 p.m.

## 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

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
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
Strength and Balance	Cheam	\$6	1 hour
Table Tennis	Chilliwack Landing	\$3	2 hours
Technology Class	Slesse	Free	½ appointments 793.9979 to book
Walking Group	Colosseum – Chiefs entrance	Free	1 hour
Yoga (Chair)	Slesse	\$6	45min
Zumba Gold	Cheam	\$6	1 hour
Valentine's Trivia	Loft	\$10	1.5 hours