

## March 2026 Activity Calendar - see back for Key

| Monday                                                                                                                                                                                                              | Tuesday                                                                                                                                                                           | Wednesday                                                                                                                                                                                                               | Thursday                                                                                                                                                                                              | Friday                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pickleball 6:45 a.m. - 9:30 a.m.<br>Chair Yoga 9:30 a.m.<br>Line Dancing 10 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Badminton 2 p.m.<br>Euchre 6 p.m.                                           | Strength and Balance 9:15 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.                                                                                               | Pickleball 7 a.m. - 10:15 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba <b>Cancelled instructor away</b><br>Canasta 1 p.m.<br>Floor Curling 1:30 p.m.                       | Strength and Balance 9 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.<br>Line Dancing 10:30 a.m.<br>Pickleball 12:45 p.m. - 3:45 p.m.<br>Crib 1 p.m.                                       | Pickleball 7 a.m. - 10 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba <b>Cancelled instructor away</b><br>Badminton 1 p.m. |
| Pickleball 6:45 a.m. - 9:30 a.m.<br>Chair Yoga 9:30 a.m.<br>Line Dancing 10 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Badminton 2 p.m.<br>Euchre 6 p.m.                                           | Strength and Balance 9:15 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.                                                                                               | Pickleball 7 a.m. - 10:15 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba <b>Cancelled instructor away</b><br>Canasta 1 p.m.<br>Floor Curling 1:30 p.m.                       | Strength and Balance 9 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.<br>Line Dancing 10:30 a.m.<br>Pickleball 12:45 p.m. - 3:45 p.m.<br>Crib 1 p.m.                                       | Pickleball 7 a.m. - 10 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba <b>Cancelled instructor away</b><br>Badminton 1 p.m. |
| Pickleball 6:45 a.m. - 9:30 a.m.<br>Both Chair Yogas<br><b>Cancelled - City Painting Room</b><br>Line Dancing 10 a.m.<br>Table Tennis 10:30 a.m.<br>Badminton 2 p.m.<br>Euchre <b>Cancelled</b>                     | Strength and Balance 9:15 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling <b>Cancelled</b><br> | Pickleball 7 a.m. - 10:15 a.m.<br>Both Chair Yoga <b>Cancelled</b><br>Table Tennis 10:30 a.m.<br>Zumba <b>Cancelled instructor away</b><br>Canasta 1 p.m.<br><b>Technolgy Support 1 p.m.</b><br>Floor Curling 1:30 p.m. | Strength and Balance 9 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling <b>Cancelled</b><br>Line Dancing 10:30 a.m.<br>Pickleball 12:45 p.m. - 3:45 p.m.<br>Crib <b>Cancelled City Painting Room</b> | <b>All Activities Cancelled<br/>City Booking</b>                                                                                                                      |
| Pickleball 6:45 a.m. - 9:30 a.m.<br>Chair Yoga 9:30 a.m.<br><b>Advanced Planning Seniors First</b><br>Line Dancing 10 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Badminton 2 p.m.<br>Euchre 6 p.m. | Strength and Balance 9:15 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.                                                                                               | Pickleball 7 a.m. - 10:15 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba 10:45 a.m.<br>Canasta 1 p.m.<br>Floor Curling 1:30 p.m.                                             | Strength and Balance 9 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.<br>Line Dancing 10:30 a.m.<br>Pickleball 12:45 p.m. - 3:45 p.m.<br>Crib 1 p.m.                                       | Pickleball 7 a.m. - 10 a.m.<br>Chair Yoga 9:30 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Zumba 10:45 a.m.<br>Badminton 1 p.m.                       |
| Pickleball 6:45 a.m. - 9:30 a.m.<br>Chair Yoga 9:30 a.m.<br>Line Dancing 10 a.m.<br>Chair Yoga 10:30 a.m.<br>Table Tennis 10:30 a.m.<br>Badminton 2 p.m.<br>Euchre 6 p.m.                                           | Strength and Balance 9:15 a.m.<br>Walking Group 9:30 a.m.<br>Carpet Bowling 10 a.m.                                                                                               |  <p>9291 Corbould Street<br/>604.793.9979</p>                                                                                      |                                                                                                                                                                                                       |                                                                                                                                                                       |

## Key for Activity Calendar

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

**\*note the City will be painting the Slesse Room from March 15<sup>th</sup>-21<sup>st</sup> all activities in that room will be cancelled that week.**

### 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                              |
| Canasta                         | Minto                       | \$3  | 2.5 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                               |