



July 2026 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>9291 Corbould Street 604.793.9979</p>		<p>Office Closed No Activities</p> 	<p>Strength and Balance 9:15 a.m.</p> <p>Walking Group 9:30 a.m.</p> <p>Carpet Bowling 10 a.m.</p> <p>Pickleball 12:45 p.m. - 3:45 p.m.</p> <p>Crib 1 p.m.</p>	<p>Pickleball 7 a.m. - 10 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis 10:30 a.m.</p> <p>Badminton 1 p.m.</p>
<p>Pickleball 6:45 a.m. - 9:30 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis 10:30 a.m.</p> <p>Badminton 2 p.m.</p> <p>Euchre 6 p.m.</p>	<p>Strength and Balance 9:15 a.m.</p> <p>Walking Group 9:30 a.m.</p> <p>Carpet Bowling 10 a.m.</p>	<p>Pickleball 7 a.m. - 10:15 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis 10:30 a.m.</p> <p>Canasta 1 p.m.</p> <p>Floor Curling 1:30 p.m.</p>	<p>Strength and Balance 9:15 a.m.</p> <p>Walking Group 9:30 a.m.</p> <p>Carpet Bowling 10 a.m.</p> <p>Pickleball 12:45 p.m. - 3:45 p.m.</p> <p>Crib 1 p.m.</p>	<p>Pickleball 7 a.m. - 10 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis 10:30 a.m.</p> <p>Badminton 1 p.m.</p>
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<p>Pickleball 6:45 a.m. - 9:30 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Advanced Planning Seniors First</p> <p>Chair Yoga 10:30- Cancelled Ruby off</p> <p>Table Tennis 10:30 a.m.</p> <p>Badminton 2 p.m.</p> <p>Euchre 6 p.m.</p>	<p>Strength and Balance 9:15 a.m.</p> <p>Walking Group 9:30 a.m.</p> <p>Carpet Bowling 10 a.m.</p>	<p>Pickleball 7 a.m. - 10:15 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis cancelled city booking</p> <p>Canasta 1 p.m.</p> <p>Floor Curling 1:30 p.m.</p>	<p>Strength and Balance 9: 15a.m.</p> <p>Walking Group 9:30 a.m.</p> <p>Carpet Bowling 10 a.m.</p> <p>Pickleball 12:45 p.m. - 3:45 p.m.</p> <p>Crib 1 p.m.</p>	<p>Pickleball 7 a.m. - 10 a.m.</p> <p>Chair Yoga 9:30 a.m.</p> <p>Chair Yoga 10:30 a.m.</p> <p>Table Tennis 10:30 a.m.</p> <p>Badminton 1 p.m.</p>

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 back of the building, door to the left of the Chiefs entrance.

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
Strength and Balance	Cheam	\$6	1 hour
Table Tennis	Loft	\$3	2 hours
Walking Group	Colosseum	Free	1 hour
Yoga (Chair)	Slesse	\$6	45 min