

Monday		Tuesday		Wednesday		Thursday		Friday	
 No Activities Office Closed	3	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	4	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. Canasta 1 p.m. Minto Floor Curling 1:30 p.m.	5	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.	6	Pickleball 7 - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 1 p.m.	7
Pickleball 6:45 - 9:30a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	10	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	11	Pickleball 7-10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Canasta 1 p.m. Slesse Floor Curling 1:30 p.m.	12	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.	13	Last day for Stuff the Bus Pickleball 7 - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 1 p.m.	14
Pickleball 6:45 - 9:30 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	17	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	18	Pickleball 7-10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Canasta 1 p.m. Slesse Floor Curling 1:30 p.m.	19	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.	20	Pickleball 7 - 10 a.m. Chair Yoga Cancelled Instructor Away Table Tennis 10:30 a.m. Badminton 1 p.m.	21
Pickleball 6:45 - 9:30a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	24	Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	25	Pickleball 7-10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Canasta 1 p.m. Slesse Floor Curling 1:30 p.m.	26	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.	27	Pickleball 7 - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 1 p.m.	28
Pickleball 6:45 - 9:30a.m. Chair Yoga 9:30 a.m. Advanced Planning Seniors First Chair Yoga 10:30 Table Tennis 10:30 a.m. Badminton 2 p.m. Euchre 6 p.m.	31								

PROGRAMS

SERVICES

404.793.9779



cdsra.ca

CHILLIWACK & DISTRICT
SENIORS'
RESOURCES SOCIETY

9291 Corbould Street

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	Dressing Room #1	Free	Varies - call 1.866.437.1940 to book
Badminton	Cheam	\$6	2 hours
Canasta	1 st one in Minto rest in Slesse	\$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

August Activity Calendar

604.793.9979