

October Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
 9291 Corbould Street 604.793.9979						 Pancake breakfast 9am-11am morning office closure Strength and Balance Cancelled Walking Group 9:30 a.m. Carpet Bowling 10 a.m. Pickleball 12:45 p.m. - 3:45 p.m. Crib 1 p.m.		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. Floor Curling 10:30 a.m. Badminton 1:30 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 Cancelled - City Badminton 1:30 p.m. Euchre 6 p.m.		Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.		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 Cancelled - Instructor Away Canasta 1 p.m. Floor Curling 1:30 p.m.		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.		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. Floor Curling 10:30 a.m. Badminton 1:30 p.m.	
NO Activities 		Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.		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. Canasta 1 p.m. Floor Curling 1:30 p.m.		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.		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. Floor Curling 10:30 a.m. Badminton 1:30 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 1:30 p.m. Euchre Cancelled - Election		Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling Cancelled - Election		Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30 a.m. Clover Chair Yoga 10:30 a.m. Room LSC Zumba Gold 10:45 a.m. Table Tennis 10:30 a.m. Technology Class 1 p.m. Canasta Cancelled - Election Floor Curling 1:30 p.m.		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.		Pickleball Cancelled - Election Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Floor Curling Cancelled - Election Badminton Cancelled - Election	
Pickleball 6:45 a.m. - 9:30 a.m. Chair Yoga 9:30 a.m. Advanced Planning Seniors First Line Dancing 10 a.m. Chair Yoga 10:30 a.m. Table Tennis 10:30 a.m. Badminton 1:30 p.m. Euchre 6 p.m.		Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.		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. Canasta 1 p.m. Floor Curling 1:30 p.m.		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.		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. Floor Curling 10:30 a.m. Badminton 1:30 p.m.	

*Please note - calendar is correct as of 9/25/2026

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

Clover Room, Loft: Chilliwack Landing Sports Centre (LSC), 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
Line Dancing	Cheam	\$6	1.5 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
Yog-Art with Ruby	Clover Room	\$15	2 hours
Zumba	Cheam	\$6	1 hour

NOTE there are room changes noted on the calendar because of the 2 upcoming elections.