

September Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	2 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. Canasta 1 p.m. Slesse Floor Curling 1:30 p.m.	3 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.	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. Floor Curling 10:30 a.m. Badminton 1 p.m.
7  NO ACTIVITIES	8 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	9 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. Canasta 1 p.m. Slesse Floor Curling 1:30 p.m.	10 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.	11 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 p.m.
14 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.	15 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	16 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. Technology Class 1 p.m. Canasta 1 p.m. Floor Curling 1:30 p.m.	17 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.	18 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 p.m.
21 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.	22 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	23 Pickleball 7 a.m. - 10:15 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Zumba Gold 10:45 a.m. Table Tennis 10:30 a.m. Canasta 1 p.m. Floor Curling 1:30 p.m.	24 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.	25 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 p.m.
28 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 2 p.m. Euchre 6 p.m.	29 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	30  NO ACTIVITIES	 9291 Corbould Street 604.793.9979	

*Please note - there may be changes to the calendar mid month...

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	1 st two in the 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
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
Zumba	Cheam	\$6	1 hour