November Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 6 p.m.	3 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	4 Pickleball 7 a.m. - 10:15 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.	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 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 **cancelled** **Badminton 12 -1:45 p.m.**
9 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 6 p.m.	10 Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	11 **No Activities** 	12 **Tickets on Sale for December 11th Christmas Lunch** 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 Pickleball 7 a.m. - 10 a.m. Chair Yoga 9:30 a.m. Chair Yoga 10:30 a.m. Table Tennis **cancelled** Floor Curling **cancelled** **Badminton 10:30 a.m.-12:30 p.m.**
16 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 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 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.	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 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.
23 **4 DAYS OF GIVING** **DAY 1 Care and Comfor** 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 6 p.m.	24 **Day 2** **Warm and Cozy** Strength and Balance 9:15 a.m. Walking Group 9:30 a.m. Carpet Bowling 10 a.m.	25 **Day 3** **Treats and Sips** 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.	26 **Day 4** **A Little Something Specia** 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 **cancelled** Chair Yoga **cancelled** Chair Yoga **cancelled** Table Tennis 10:30 a.m. Floor Curling **cancelled** Badminton **cancelled**
30 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.				

CHILLIWACK & DISTRICT SENIORS' RESOURCES SOCIETY

9291 Corbould Street

604.793.9979

*Please note - calendar is correct as of 10/29/2026

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
4 Days of Giving	CDSRS Office in Evergreen Hall		Mon – Thur 8am – 3pm
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
Zumba	Cheam	$6	1 hour