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August 2025

Compassionate Neighbours Group Seniors Activities



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------|-----|---|--|-----|---|
| Note: If raining on park day, then at Chwk. Activity Centre ** | | | | | 1 | 2 |
| 3 | 4 <i>B C DAY</i> | 5 | 6 Chilliwack Activity Centre 10:00 —11:30 Refreshments and simple chair exercises | 7 Sardis Legion 10:30 —12:00 Free lunch (must pre register) Topic: Trivia game | 8 | 9 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Vegetarian Dish |
| 10 | 11 | 12 | 13 | 14 Gwynne Vaughn Park 10:00—11:30 Topic: Councillor Jeff Shields to come and answer questions. | 15 | 16 |
| 17 | 18 | 19 | 20 Chilliwack Activity Centre 10:00—12:00 Free “Themed Table” Lunch (must pre-register) | 21 Chilliwack Activity Centre 10:00—12:00 Free lunch (must pre-register) Topic: Trivia game | 22 | 23 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Meat Dish |
| 24 | 25 | 26 | 27 | 28 Gwynne Vaughan Park 10:00—11:30 Topic: Honorable Mark Strahl, MP, joining to take our questions | 29 | 30 |