

# February 2026 - Senior Group Social Activities

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 CHAIR EXERCISES	5 VEDDER LEGION 10.30 - 12.00 LUNCH PRE REGISTER TOPIC: DARIUS CHAIR EXERCISE	6 CHILLIWACK ACTIVITY CENTRE 10 - 12.00 SMALL TABLE TALK LUNCH PRE-REGISTER	7 INTERGENERATIONAL COOKING (VEG) CHILLIWACK ACTIVITY CENTRE 10.30 - 12.30 PRE-REGISTER
8	9	10 CHILLIWACK ACTIVITY CENTRE INTERGENERATIONAL EVENT VALENTINE CRAFT 3PM - 4.45PM	11	12 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 TOPIC: LIFELONG HEALTH AND WELLBEING	13 INTIMATE PARTNER LOSS SOCIAL SUPPORT CHILLIWACK ACTIVITY CENTRE 10 - 11.30 PRE REGISTER	14
15	16	17	18 CHILLIWACK ACTIVITY CENTRE 10 - 12.00 SMALL TABLE TALK LUNCH PRE-REGISTER	19 CHILLIWACK ACTIVITY CENTRE LUNCH PRE REGISTER 10 - 12.00 TOPIC: SENIOR SHARING	20	21 INTERGENERATIONAL COOKING (MEAT) CHILLIWACK ACTIVITY CENTRE 10.30 - 12.30 PRE-REGISTER
22	23	24 CHILLIWACK ACTIVITY CENTRE INTERGENERATIONAL EVENT - GAMES 3PM - 4.45PM	25	26 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 TOPIC: HEALTHLINK PRESENTATION	27 INTIMATE PARTNER LOSS LUNCH CHILLIWACK ACTIVITY CENTRE 10 - 12.00 PRE REGISTER	28

**PLEASE NOTE: EVENTS ARE WEATHER DEPENDENT TO ENSURE SAFE TRAVEL AND PARTICIPATION.**

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CHILLIWACK ACTIVITY CENTRE 9400 COLLEGE STREET, CHILLIWACK  
VEDDER LEGION 5661 VEDDER ROAD, SARDIS