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May 2025

Compassionate Neighbours Seniors Group Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sardis Legion 10:30 –12:00 Free lunch (must pre register) Topic: Dental Hygien- ist -seniors oral Health	2	3 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Meat Dish
4	5	6	7 Chilliwack Activity Centre 10:00 —11:30 Refreshments and simple chair exercises	8 Chilliwack Activity Centre 10:00—11:30 Topic: Sandra—Valley Lifeline Society - Medical Alert	9	10
11 <i>Mother's Day</i>	12	13 Chilliwack Activity Centre Intergenera- tional event 3pm to 4:45pm Topic: Origa- mi with Georgia	14	15 Chilliwack Activity Centre 10:00—12:00 Free lunch (must pre- register) Topic: Connie to discuss survey re- sults.	16	17 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Vegetarian Dish
18	19	20	21 Chilliwack Activity Centre 10:00—12:00 Free "Themed Table" Lunch (must pre- register)	22 Chilliwack Activity Centre 10:00—11:30 Topic: Nicola Olson Dir. Rebalance Rehab	23	24
25	26	27 Chilliwack Activity Centre Intergenera- tional event 3pm to 4:45pm Topic: Board Games	28	29 Chilliwack Activity Centre 10:00—11:30 Topic: Jasmeen Bains FH Transitioning into a Care Home	30	31 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Meat Dish