

January 2026 - Senior Group Social Activities

778-539-5102 admin@cnhps.org www.cnhps.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 CHAIR EXERCISES	8 VEDDER LEGION 10.30 - 12.00 FREE LUNCH PRE REGISTER TOPIC: DARIUS CHAIR EXERCISE	9 INTIMATE PARTNER LOSS SOCIAL SUPPORT CHILLIWACK ACTIVITY CENTRE 1.00 - 2.30 PRE REGISTER	10
11	12	13 CHILLIWACK ACTIVITY CENTRE INTERGENERATIONAL EVENT CRAFT DE-STRESS WITH DIANE 3PM - 4.45PM	14	15 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 TOPIC: CAREGIVER SUPPORT - CYNDI MCLEOD	16	17 INTERGENERATIONAL COOKING (MEAT) CHILLIWACK ACTIVITY CENTRE 10.30 - 12.30 PRE-REGISTER
18	19	20	21 CHILLIWACK ACTIVITY CENTRE 10 - 12.00 SMALL TABLE TALK LUNCH PRE-REGISTER	22 CHILLIWACK ACTIVITY CENTRE FREE LUNCH PRE REGISTER 10 - 12.00 TOPIC: AGING IN PLACE	23 INTIMATE PARTNER LOSS SOCIAL SUPPORT CHILLIWACK ACTIVITY CENTRE 1.00 - 2.30 PRE REGISTER	24
25	26	27 CHILLIWACK ACTIVITY CENTRE INTERGENERATIONAL EVENT - GAMES 3PM - 4.45PM	28	29 CHILLIWACK ACTIVITY CENTRE 10 - 11.30 TOPIC: TRIVIA	30	31 INTERGENERATIONAL COOKING (MEAT) CHILLIWACK ACTIVITY CENTRE 10.30 - 12.30 PRE-REGISTER

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