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September 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 <i>Labour Day</i>	2	3 Chilliwack Activity Centre 10:00 —11:30 Refreshments and simple chair exercises	4 Vedder Legion 10:30 –12:00 Free lunch (must pre register) Topic: Brief chair exercises with Darius	5	6
7 <i>Grandparents Day</i>	8	9 Chilliwack Activity Centre Intergenerational event 3pm to 4:45pm Topic: Board games	10	11 Gwynne Vaughn Park 10:00—11:30 Topic: Chiropractic medicine with Dr. Jen	12	13 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Vegetarian Dish
14	15	16	17 Chilliwack Activity Centre 10:00—12:00 Free “Themed Table” Lunch (must pre-register)	18 Chilliwack Activity Centre 10:00—12:00 Free lunch (must pre-register) Topic: Chuck with explain his coin collection	19 **Note: CNHPS Fall Fundraiser with Lunch purchase Sept. 20th From 12pm-3pm	20 Intergenerational Cooking Classes 10:30—12:30 pm (Need to pre-register) Meat Dish
21	22 <i>Autumn Begins</i>	23 Chilliwack Activity Centre Intergenerational event 3pm to 4:45pm Topic: Making a craft with Dianne	24	25 Chilliwack Activity Centre 10:00—11:30 Topic: Avoiding Scams and Fraud by Michelle, Chilliwack Crime Prevention Officer	26	27
28	29	30				