

**\*Cancelled if severe weather\***

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# January 2025

## Connect Café Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  <i>New Year's Day</i>	2 Sardis Legion 10:30 –12:00 Free lunch (must pre register) Topic: Sharing holiday stories and	3	4 Intergenerational Cooking Classes 10:30–12:30 pm (Need to pre-register) Meat Dish
5	6	7	8 Chwk Senior Recreation Centre 10:00–12:00 Free “Themed Table” Lunch (must pre-register)	9 Chilliwack Activity Centre 10:00–11:30 Topic: Why volunteer? Bonnie Chwk Community Services	10	11
12	13	14 Chwk Activity Centre Intergenerational event 3pm to 4:45pm Topic: Board Games	15 Chilliwack Activity Centre 10:00–11:30 Refreshments and simple chair exercises.	16 Chilliwack Activity Centre 10:00–12:00 Free lunch (must pre-register) Topic: Sharing our bucket lists.	17	18 Intergenerational Cooking Classes 10:30–12:30 pm (Need to pre-register) Vegetarian Dish
19	20	21	22	23 Chilliwack Activity Centre 10:00–11:30 Topic: Cameron Fielding Falls Prevention	24	25
26	27	28 Chwk Activity Centre Intergenerational event 3pm to 4:45pm Topic: Knitting and Crochet with Johanna	29	30 Chilliwack Activity Centre 10:00–11:30 Topic: Anxiety and Depression in Seniors FVH Lydia Ridsdale and Tara	31	